

2. General Excellence

2-A

First: Today's Transitions, Kentucky

Resourceful ideas ("Fashion With Attitude," "Jewelry, Trash or Treasure?") and updated classics (health, home design, caregiver circle) boost the content of this publication from ordinary to exceptional. Design is straightforward and polished, navigation is sensible, and stories are smart and well-edited. An added bonus is the extensive set of directories in the back, which are easy to scan and thoroughly helpful. Today's Transitions has high standards and holds true to them.

Second: Nola Boomers, Louisiana

Nola Boomers understands its audience and provides a monthly mix with impressive variety, from features on accomplished community members to packages built with short bites for a quick read. This allows the publication to make excellent use of its space and expand the scope of its content. Design is compact and efficient, color is chosen and used wisely, and visuals are meaningful. It's apparent that the staff gives careful attention to the needs of its readers.

Third: Beacon Senior News, Colorado

The publication understands its market and provides an array of appropriate material, from profiles to recipes, health news, gardening, travel, entertainment, technology, grandparenting and much more. Successful standing features include advice columns, a calendar, humor, puzzles and news items. The monthly offerings are both clever and caring.

2-B

First: Northeast Ohio Boomer and Beyond, Ohio

This magazine has a distinctive look and voice that sets it apart. Design is simple, original, even whimsical. The writing is engaging with a lot of endearing personal wisdom. Columnists seem authoritative and encouraging. It is clearly an asset to its community.

Second: Montana Senior News, Montana

The publication successfully merges crisp writing and bold visuals to make it an essential resource for the region. Columnists clearly bring seasoned perspectives to universal interests such as health care, nutrition, home and lifestyle and entertainment. The audience is well-served by spotlights on local topics and characters that emphasize a shared sense of place and a love of the West. Overall, it is consistently strong from beginning to end.

Third: The Vegas Voice, Nevada

The Vegas Voice puts a premium on well-informed columnists who cover a lot of bases, from golf, cars and celebrities to insurance, travel and health. Cover stories, such as an extensive look at guardianship, add depth to the content. Serious issues are thoughtfully discussed, but there's enough fun to lighten the mix.

2-C

First: 50plus Life, Pennsylvania

This is a solid publication that is full of personality and useful information. Cover stories and other features are consistently organized into manageable sections or lists. A panel of columnists brings a wide set of interests and viewpoints to each issue, from wellness to nutrition to art and

antiques. The emphasis on variety seems to be a smart way to satisfy a diverse audience with a broad range of interests.

Second: The Best Times, Kansas

The strength of this publication is its strong connection to community. From an article on granny basketball to one about a father who survived World War II but lost his son in Vietnam, attention is directed to local people and their stories. The publication provides ample service journalism, too, from an extensive calendar of events to resources that help readers better manage their lives.

Third: Lifestyles After 50, Florida

This publication has a nice mix of stories on topics that matter to its target audience, from earth-friendly downsizing to “the buzz” on CBD oil. The standing features about legal issues, health, pets and more are a monthly bonus.

3. Most Improved

3-A

Second: The Senior Reporter, Minnesota

Bolder use of photos, both in size and number, distinguish this year’s issues. Because of the range of article topics, readers can enter at several points and find other reasons to stay. The publication is welcoming.

3-C

Second: The Active Age, Kansas

Articles are stronger overall in this year’s May and June issues. They offer a good mix of news and features relevant to their readers. Community members and groups are recognized, and calendars and briefs are useful.

4. Column Review

4-A

First: Senior Perspectives, Michigan

Tricia McDonald’s short profiles of Michigan authors are inspiring, instructive and interesting. Readers learn about the authors — their motivations, hopes and experiences — and what it takes to make a writing life come true.

Second: PrimeLife Times, Illinois

Mary Ann Simkins’ “Delicious Destinations” columns leave readers with few questions about the restaurants she visits. With obvious delight, she details the establishment’s history, menu, specials and ambience.

Third: The Best of Times, Louisiana

Jessica Rinaudo draws readers into her experience of the books she reviews in her “Page by Page” columns. That is especially true when she is passionate about a character or a story line.

4-B

First: Forever Young, New York

Carol Ann Harlos' gardening columns are delightfully long on both personal and instructive fronts. She speaks directly to readers, as if they were having coffee, about Chelsea chops, beehive splits and spider plantlets.

Second: The Vegas Voice, Nevada

Yvonne Cloutier's Musical Moments columns are refreshing looks at established cultural touchpoints: the surprising history of "Auld Lang Syne" and Liberace's centennial are good examples.

Third: Fifty Plus, Virginia and Maryland

Columns by Lela Martin are rich in accessible scholarship about nature, whether it's the vital exploits of native bees or the common and fancy names of your favorite garden plants.

4-C

First: Baltimore Beacon, Maryland

Readers of Dan Collins' theater columns receive not only an overall sense of a production but its context. They are thoughtfully conceived and memorably detailed. The writing is smooth and accessible.

Second: Baltimore Beacon, Maryland

Carol Sorgen's columns on local exhibitions bristle with history and the human context. Armchair enthusiasts, as well as those able to attend the shows, are well-served by the detailed, clear writing.

Third: Lifestyles After 50, Florida

Kathy Megyeri's book reviews are smartly, tightly written. Provided with enough information about the content, the author and the reviewer's perspective, a reader can quickly decide, "Is this one for me?"

4-D

Second: Washington Beacon, Maryland

"The Bibliophile" column by Dinah Rokach offers engaging reading options around a theme, in this case confronting the challenges of aging and suspenseful summer yarns. She comes at the reviews from the perspective of what her readers might want to know.

5. Senior Issues

5-A

First: South Side Senior News, Massachusetts; Mark Friedman, "Plans, precautions – a family plan for helping parents in need" and "Safety risks at home"

Friedman offers his readers strong and practical information wrapped around personal experiences. His siblings' game plan for helping their parents as needs arose could be a model for others to follow. How to prevent home accidents that lead to bigger problems is a storehouse of easy-to-implement steps. They are clear and concisely written articles.

Second: Senior Voice, Alaska; Kenneth Kirk, "How much is that probate in the window?" and "Another Alaskan myth bites the dust"

Teeming with legal advice, these columns should provide enough impetus to get busy on those so easy-to-neglect tasks, like getting your legal papers in order. And if you live in Alaska, you might want to consider planning the wedding, too.

Third: The Best Times, Tennessee; “Study shows lower BP linked to reduced risk of mild cognitive impairment” and “Choosing the right hearing aids”

With a focus on health issues, these two columns are loaded with descriptions, scientific findings and strong solutions. The writing is straightforward and easy to understand.

Honorable mention: South Side Senior News; Massachusetts, Loretta LaRouche

With a scoop of practical advice and a large dollop of humor, LaRouche offers real-life examples of adjusting to growing older and keeping your sense of humor. Lots of smiles are guaranteed while reading her work.

5-B

First: The Vegas Voice, Nevada; Jim Valkenburg, Insurance Insight

Valkenburg’s columns – “What is C.L.U.E.” and “Age and Auto Insurance” – are packed with strong information and practical and useful advice with friendly reminders to not throw money away by failing to take basic steps to cut costs on insurance policies. He recommends being “prudent” in shopping for the best rates.

Second: Senior Life, Florida, Ernest Arico; “Help available if you plan to downsize your house,” and Ed Baranoski, “Be prepared to give responders medical history in emergency.”

What to save? and What to let go? are the key questions to ask when downsizing a living space. But, the cost of moving, removing unwanted items, the space available, sentimental value vs. market value – well, the list goes on and on. Arico sorts through it all with advice from a senior real estate specialist. It’s a strong guide for anyone planning a move or to help others with similar plans. Baranoski offers life-saving tips on being prepared in case of a medical emergency. Following the “Vial of Life” system is just one of several programs to help organize information so that it is readily available when needed. It’s valuable material, regardless of age.

Third: 50+ Lifestyles, New York; Gary P. Joyce, “Scams That Target Seniors, Increasing Every Day, They Come in All Formats,” and Michael Hartzman, “Bequeathing to Your Grandchildren.”

In one year’s time, crimes against the elderly increased 62 percent in one New York county – that astounding fact is brought to light in Joyce’s column. Blame it on the internet, if you like, but more likely it’s a lack of being savvy about what’s happening as case after case illustrates. Joyce offers information about where to file complaints about fraud causes and lots of advice how to not get caught up in them in the first place. It’s such valuable information. Hartzman’s column might sound as if it’s focusing on wills and finances, but the true focus is on emotions and what some of the drawbacks might be to leaving large amounts of money to younger family members. He cautions folks to be aware of both factors in a comprehensive and practical column.

5-C

First: Lifestyles after 50, Florida; Michael Wright, The Wright Stuff, “Weight, Don’t Tell Me” and “Livin’ the Dream in Jurassic Park”

A dash of humor goes a long way when examining life issues. Wright deftly illustrates the need to laugh when describing his weight loss efforts and his switch from rigid plans to a mindful eating approach. And he maintains his youthful outlook on life after moving to a retirement

community by comparing his new lifestyle to the mighty T-Rex and its socialness and wandering spirit – “an active, productive life.”

Second: Lifestyles after 50, Florida; Susan Goldfein, “Grandma’s Guide to Gorgeous” and “The ‘Old Dog’ Days of Summer”

Goldfein doesn’t intend to fade into the sunset as she ages. Instead, she’s out for making a splash. She takes her readers along by offering fun and cool tips for upgrading one’s appearance and attitudes. And, it’s all practical, but really a recipe for living well. Her family’s pets are memorialized in the “Old Dog” column. They are lucky creatures. The column uses humor to describe the relationships as both owner and animals age. There’s a fine measure of sweetness in the writing.

5-D

First: Beacon, Maryland/D.C.; Stuart P. Rosenthal, “A lack of trust (fund)” and “Lack of Trust – Part II”

Rosenthal makes a compelling argument about how to convince the U.S. government to adopt a new approach to funding Social Security and Medicare “trusts.” By now, it won’t be easy, as much money has been borrowed to pay for other programs, but a bit of sacrifice by each of us could add up to a solution. Not simple, he acknowledges, but his writing and presentation makes a good argument to try.

6. Editorial/Opinion

6-A

First: The Best Times, Tennessee; James K. Grubbs, “Look at labels to help U.S. companies”

This well-written and well-argued plea to help U.S. companies by buying items made in the United States raises it to the top spot. Not only does it help the local and national economy, it might be a bargain to buy items without a tariff attached.

Second: Simply Seniors, Utah; Daniel S. Short, “Overly Dramatic Headlines Causing Mass Chaos in America”

Too much hype makes situations seem far worse than they are, and fake ads and fake news can lead readers astray. It’s time for all media outlets to clean up their acts by focusing on quality journalism and stop riling up readers as a way to increase their audience. Well said, Mr. Short, well said.

Third: Senior Voice, Alaska; David Washburn, “This common fitness tip is a bad idea”

Sure, Alaska has plenty of snow and ice, but so do lots of other states. Each one offers the pitfall of slipping and suffering an injury. That’s why, Washburn argues it’s bad advice to tell folks to park as far away from the door as possible to get more exercise. Instead, park close by and get that extra exercise inside where it’s safe and dry. It only makes sense; sadly, that advice is often overlooked when offering tips about exercising safely as we age.

6-B

First: Senior Life, Florida; R. Norman Moody, “Tuskegee Airman to finally get full military honors years after his death”

It’s taken too long, way too long, for Edwin T. Cowan to receive his due honors for service as a B-52 pilot during World War II. In recounting the facts of this case, Moody compellingly talks about the success in rectifying Cowan’s omission from those buried with military honors. It’s a moving tribute to a brave soldier.

Second: Northeast Ohio Boomer and Beyond, Ohio; Marie Elium, “High School Reunion Reflections, a Look Back to the Future”

High school reunions, regardless of the years between graduation and today, seem to evoke a wide range of emotions. The beauty of attending at a more advanced age are the easing of tensions and the joy of remembering with “teen-age grins.” Elium captures the scene with clever wording and her discovery that high school labels are “lousy predictors” of the future. It’s quite an enjoyable read.

Third: The Vegas Voice, Nevada, Dan Roberts, Roberts Rules, “One Final Rant”

Anyone who has endured the changes in airline travel in recent years will relate to Roberts’ whining but funny column about his recent experiences. Reserving your seat, getting to your seat, in-line etiquette and being blamed for delays – well, it’s just not a pleasant experience, he argues with splatters of humor, adding that still to be savored, though, is that speck of extra room in the emergency exit seats. It’s a subtle but strong admonition that it’s better to laugh than be a “grouchy senior.”

6-C

First: The Best Times, Kansas; Gerald Hay, “1968 + 50 years = Now”

It’s the American way to change and survive and move on, writes Hay, in arguing for the need to accept both the good and the bad as years roll by. He offers solace in offering Alexander Pope’s poem “An Essay on Man”: “Hope springs eternal in the human breast; Man never is, but always to be blessed; ...” He urges readers to keep moving forward in the best of spirits — an uplifting message often needed today.

Second: Lifestyles after 50, Florida; Terri Bryce Reeves, “Happy Father’s Day, A Salute to Our Fathers and the Guys Taken Too Soon”

Reeves’ essay is a fine tribute to those who served and suffered or died in military service, and in doing so were not destined to become fathers. It’s only right to honor them as well as the living men in our lives.

6-D

First: Beacon, Maryland/D.C.; Stuart P. Rosenthal, “Not in our family”

A look back at “All in the Family” reveals how Archie Bunker helped us see how “senseless and baseless racist, sexist and anti-Semitic views were.” Perhaps we recognized family members and friends, maybe even ourselves. Today, zero tolerance has eliminated the possibility of forgiveness. Maybe we should take another look at this stance and remember that we are all humans who make mistakes, Rosenthal contends. It’s a worthy and well-argued thought.

7. Briefs/Shorts

7-A

First: The Best of Times, Louisiana; Stat! Medical News & Info, April and December

The Best of Times does a remarkable job of gathering all the latest information about medical news of specific interest to older readers. Whether a better diet, causes of depression or health dangers from being a caretaker, the advice is solid and helpful. And, in the “Oh, that’s how that happens” department, there is an answer as to why we get brain freeze if we eat ice cream too fast.

Second: Today’s Transitions, Kentucky; Getting Older, Julie Engelhardt and Yelena Sapis

In Caregiver Circle, solutions to make caregiving manageable abound, offering help in both taking care of someone else but also how to take care of yourself.

It's Heck Getting Old! recognizes that everyone ages at different paces and in different ways.

Practical tips about useful products help reduce problems.

Third: The Best of Times, Louisiana; Favorite 5

Favorite 5 recognizes the need for light-hearted information along with serious facts. Did you know that clowns have a superstition that painting your face blue will bring you bad luck? It's just one of the five trivia bits about these colorful entertainers. Adding to the enjoyment is a review of variations on the story of King Arthur, an excellent opportunity to get re-acquainted with our favorite royal — real or imagined.

7-B

First: Northeast Ohio Boomer & Beyond, Ohio; November/December 2018 and Worth Noting, March/April 2019 and March/April 2018

Worth Noting

What a charming section with a mixed bag of content, sure to attract a variety of readers. Movies, neighborhood strolls, poetry, tech learning, women in business, trivia nights, new books, legal aid – it's all there.

8. Personal Essay

8-A

First: Senior Perspectives, Michigan; Janet Hasselbring, "Six Little Ducks I (never) Knew"

"Six Little Ducks I (never) Knew" by Janet Hasselbring uses the destruction of a duck's eggs to talk about loss, grief and resilience with a tone that never becomes maudlin. It's a nice way to make some important points.

Second: Senior Voice, Alaska; Maraley McMichael, "Hunting With Dad"

"Hunting With Dad" by Maraley McMichael uses the story of two moose encounters to share memories of the author's father and to show that there are many ways to spend family time together.

Third: The Best Times, Tennessee; George Wall, "Vivid and Moving Experience"

"Vivid and Moving Experience" by George Wall uses a trip to Normandy as a meditation on sacrifice and commitment.

8-B

First: Montana Senior News; Russell Rowland, "A Pair of Loafers,"

In "A Pair of Loafers," Russell Rowland recalls a difficult period of his childhood, the ways children deal with the feeling of being an outcast and how family stress can impact parents.

Second: Montana Senior News; Gail Jokerst, "My Name is Michelle, and I Think I'm Your Daughter"

Gail Jokerst recounts the story of a woman meeting her birth mother in "My Name is Michelle, and I Think I'm Your Daughter." She uses the story to show why it's worth taking risks.

Third: Idaho Senior Independent; Aaron Perrett, “Casino Wisdom”

In “Casino Wisdom,” Aaron Perrett recounts some lessons learned during a period of time when he spent some time in casinos.

8-C

First: The Best Times, Kansas; Gerald Hay, “Yes Barbara, there’s ...”

“Yes Barbara, there’s...” plays off the famous Christmas editorial as a way to give advice to a reader who has given up hope as she has grown older. The column manages to be inspirational and practical, avoids becoming maudlin and keeps a light touch. A tough balancing act indeed.

8-D

First: Beacon, Maryland; Bob Levey, “The ties that bind never lose their import”

Bob Levey takes a common moment – finding something that reminds him of his father when doing some spring cleaning – and takes it in unexpected directions. He articulates the value of holding onto mementos and helps his readers understand what his father meant to him.

9. Profile

9-A

First: The Best of Times, Louisiana; Kathleen Ward, “CeCe, the Therapy Clown”

This charming tale is built around a character, Rosemary B.C. Short, who shares a talent for laughter and silliness with children and adults. Ample background, strong quotes and a big dose of wisdom make this an uplifting story.

Second: Nola Boomers, Louisiana ; Kate Evans, “Made of Shilstone”

Mackie Shilstone is determined to remain fit, active, healthy and productive as he ages, and the writer does a wonderful job of explaining both his motivation and his strategy. Using concrete examples (down to the grams of protein he eats!), as well as stepping back to let him reveal a lifelong need for his father’s approval, the reader gains a deep understanding of a truly driven individual.

Third: The Howard County Beacon, Maryland; Robert Friedman, “Why Save a Segregated School?”

This profile is a beautiful, moving tribute to a woman who still carries such lovely memories of her segregated school that she is dedicated to restoring and reopening it. The writer develops her vision for preserving this piece of African-American history in a clear, thoughtful, compelling way.

9-B

First: Idaho Senior Independent, Idaho; C.W. Guthrie, “Lady Long Rider: Alone Across the Globe”

“Lady Long Rider” is a richly reported, thoroughly captivating tale of a woman who has ridden a horse for at least 30,000 miles in 13 years on trails and backroads across the country and beyond. The writer tells the story with such precision and detail that the journey comes alive, and the reader gets to share the adventure.

Second: Fifty Plus, Virginia; Martha Steger, “She’s Not One to Shy Away From Controversy”

A purposeful life is recounted here with accuracy and skill. Christy Coleman is CEO of a Civil War Museum in Richmond, and the story of her sharp wit, smart negotiating skills and dogged perseverance is masterfully told here.

9-C

First: 50plus Life, Pennsylvania; Jason Tabor, “On Wings and Waves, His Life’s Path Led to Pa.”

Readers will be enchanted by this lively chronicle of a man with a lifetime of achievements and lessons to share as a Marine, teacher, author and pilot. The writer deftly weaves anecdotes, quotes and observations together to fully represent an unconventional, exuberant man.

9-D

First: Beacon, Maryland; Margaret Foster, “Inspiring Youth Through his Art”

An inspiring youth counselor who turns to art as a way to connect with a younger generation is a welcome look at a positive influence. The profile captures the artist’s personality and his character, while giving him a voice to explain how he works to unite where communities are divided.

10. Annual Senior Resource Guide or Directory

10-A

First: Beacon Senior News, Colorado

The issue provides contact information on services, clubs, activities and a wealth of other categories. Single-page, easy-to-scan articles look at the practicality of retirement plans, determining what level of care is needed and a template for writing a letter that shares last wishes and key information.

Second: The Best Times, Tennessee

Particularly noteworthy is a multi-page retirement housing section with information on each facility. Charts and lists feature contact information for non-medical and medical home care, as well as agencies, hospitals and services.

Third: The Senior Reporter, Minnesota

The focus is on senior housing, with instructive stories on people who moved to retirement communities, how to handle family heirlooms and planning an estate sale. The guide includes a substantial regional housing directory.

10-B

First: Senior Life, Florida

An abundance of easy-to-navigate listings for activities, resources, senior housing and support groups dominates this guide. It’s also well-punctuated with engaging features — bagpiping, anyone? — and accompanying photos.

Second: Forever Young, New York

The issue features a rich contact list of medical, housing, business, volunteer and other services. Useful, relevant articles include donating as part of the decluttering process and keeping in touch with grandchildren through technology.

11. How-to Feature or Do It Yourself Feature

11-A

First: Nola Boomers, Louisiana; Chappelle Johnson, “Nursing Homes: Finding Comfort”

It’s a hard reality, but as we age, we are likely to need more help and care than family members can provide. And family members can be as clueless as we are about where to start looking for nursing homes. This article spells it all out in comprehensive details, including a nursing home-shoppers check list for topics to consider. It’s an excellent go-to guide.

Second: Beacon Senior News, Colorado; Corey Colombin, “My car is broken”

Being a proactive car owner is much better before your car breaks down on the side of the road. In clear language, Colombin outlines the car parts and service needs to pay attention to on a regular basis. And, then he describes how to perhaps better understand how these parts work and maybe avoid costly repairs. Best advice: “You are in control.”

Third: The Senior Reporter, Minnesota; Bob Olen, “Growing Green in Between: Houseplants for Northern Homes”

If you love greenery year-round, it’s easy to feel deprived during the colder months, especially in northern climes. Olen is here to help with tips and advice on growing plants indoors – types, natural light, potting soil and watering among other needs. Following his tips might just brighten your life.

11-B

First: Idaho Senior Independent, Idaho; Gail Jokerst, “Tips for first time snowbirds”

“I’m tired of this cold weather. Let’s move to Arizona” is a refrain often spoken in cold-weather states. Not so fast, Jokerst cautions. A list of tips, which includes personal stories, outlines smart ways to avoid the pitfalls of making a hasty decision. It’s a fine example of a how-to column.

Second: Montana Senior News, Montana; Steve Heikkila, “Cracker crust pizza”

Love pizza, but wary of all the carbohydrates in the crust? All that doughy mass? Heikkila explores a super thin crust made of crackers and offers specific directions on how to make and bake it. Plus, there are two recipes that look pretty tasty – Bing cherries, anyone? With such thorough directions, even everyday cooks can be successful. Be sure to add it to your recipe files.

Third: Senior Life, Florida; Austin Rushnell, Tech know tidbits, “You, too, can take great photos with your cellphone.”

An illustrated chart with eight tips for taking better cellphone photos launches this fact-filled article. Rushnell assures his readers that it’s easier than ever to take strong photos and to share them via advice from a local photographer. It’s a helpful review of the user-friendly devices.

11-C

First: Lifestyles after 50, Florida; Randall C. Hill, “Long-Distance Love, Grandparent Style”

Grandparents can stay in touch with younger members of the family in a variety of both techy and non-techy ways, writes Hill. While Skype and text messages are newer methods, those older methods such as snail mail and care boxes filled with cookies still work. Whatever the method used to communicate, He offers both practical and filled-with-love approaches.

11-D

First: Beacon, Maryland/D.C.; Carol Sorgen, “Your kids don’t treasure your treasures”

Everybody’s got stuff, but some folks just have too much stuff. Others have just enough for where they live now, but a move to a new home might confirm that there’s too much stuff. Sorgen helps sort out the issue – no room, economic costs, value, sentiments – and the how-to tips – selling, donating, keeping and trashing. It’s sure to motivate anyone contemplating a down-sizing adventure.

12. Travel Column

12-A

First: NOLA Boomers, Louisiana

Keith Marshall blends a sense of place and the weight of history in two strong essays. His writing transports the reader, creating vivid images and helping his audience understand the importance of the places he visits, such as a civil rights museum in a small town that offers a trip back in time.

Second: PrimeLife Times, Illinois

Fyllis Hockman's conversational writing voice carries readers on trips to such places as an historic American town and a library in Nepal that offers much more than books. She blends history with social observation to do what travel writing does best — take readers someplace they haven't been while teaching them things they didn't know.

12-B

First: The Vegas Voice, Nevada

Crystal Merryman-Sarbacker offers smart travel advice for seniors in a way that's practical without being preachy.

12-D

First: Beacon, Maryland

Victor Black lets his wise, non-nonsense approach to his columns reflect the places he visits. His piece on Alabama's Gulf Coast starts out with a disappointing vista of Dollar Stores and tattoo parlors – something many travel writers gloss over – before pivoting to contrast strip malls with the beauty of the beach.

13. Feature Writing

13-A

First: Nola Boomers, Louisiana; Sarah Herndon, "Grand Sacrifices"

This is a gratifying story about grandparents raising grandchildren that acknowledges both the joy and the challenges of doing so. The writer takes a direct, clear-headed approach, applying first-person accounts, data and expert knowledge to the situation. As a result, the piece is a thorough, well-informed look at this growing trend.

Second: Today's Transitions, Kentucky; Megan M. Seckman, "What Are You Late For? Nothing"

This is spirited, upbeat tribute to three people who latched onto a dream and made it a reality later in life. Each is developed as a compact portrait that captures the essence of what motivates each individual to travel, start a new business or go back to graduate school. Lively quotes and down-home advice deliver a delightful package.

Third: Beacon Senior News, Colorado; Cloie Sandlin, "Who Rescued Who?"

The writer unfolds one marvelous story after another about a couple who adopted a wayward greyhound and reaped the rewards. Well-paced, well-organized and well-told, the story makes you smile from start to finish.

13-B

First: Fifty Plus, Virginia/Maryland; Catherine Brown, "Raising Voices With Joy Despite Dementia"

This is so much more than a story about a senior choir preparing for a concert. Nearly a dozen of the singers in Joyful Voices have a form of dementia, so this is a remarkable success story about hope, acceptance, family, bonding and tenacity. The real achievement is the way the writer deftly puts the pieces together.

Second: Boomer Guide, Florida; Jeff Navin, “It’s a Colorful Life”

A lively feature package introduces us to a set of intrepid retirees who have jumped at second chances — high school sweethearts who reconnected, a former Marine who discovered his love of Cajun and Creole cooking, a woman whose collection of hats brings all kinds of good luck. This is smart, clever storytelling.

Third: Northeast Ohio Boomer and Beyond, Ohio; Marie Elium, “Cool Neighborhoods”

A deep affection for eclectic neighborhoods is evident here as the writer gives a dynamic and useful tour of a popular destination near Cleveland. Recommendations from locals give the piece authority, but the author doesn’t shy away from talking about cost and crime. Altogether, it shows careful, thorough reporting, as well as capable writing.

13-C

First: The Best Times, Kansas; Gerald Hay, “Granny Basketball: Women Hoop It Up For Fun”

This feature is so much fun. It brims with the energy and enthusiasm of its subjects, an over-50 team of players who belong to a basketball team that harks back to the 1920s. The writer uses details, quotes, history and context to great effect here, creating a most enjoyable read.

Second: The Active Age, Kansas; Joe Stumpe, “Ironman: I Don’t Do it For Fun. I do it to win”

A nicely focused writing style allows the writer to drill into the motivation, training, lifestyle and accomplishments of a 66-year-old Ironman competitor. In the writer’s skillful narrative, the reader learns not only about the athlete’s purpose and personality, but also the time, resolve, and sacrifices needed to achieve his goals.

13-D

First: Washington Beacon, DC/Maryland; Barbara Ruben, “Reaching Out to Older Muslims”

With keen awareness that Muslims may be an underserved community, the writer takes a caring, attentive approach to the subject. She writes about a groundbreaking program with insight and sensitivity. The result is a wonderful lesson in countries, cultures and assimilation.

14. Special Section

14-A

First: The Best of Times, Louisiana

An “End of Life” special section tackles some touchy topics with care and class. The section doesn’t shy away from its subject matter, with stories examining hospice care, wills — even a piece on writing your own obituary.

Second: Westchester Senior Voice, New York

Westchester Senior Voice tackles Alzheimer’s with smart, informative articles on everything from medication to coping with memory loss. Smart and useful, this is a service to readers.

14-B

First: The Vegas Voice, Nevada

“Guardianship Victory” takes a well-deserved victory lap over its coverage of a broken guardianship system. Vegas Voice looks at the impact its work has had while reminding readers why this issue is so important.

14-C

First: The Best Times, Kansas

The publication's Elections 2018 offers very practical advice to voters, introducing them to new voting machines, listing key steps to take before voting, offering key dates, and more. Great public service.

14-D

First: Beacon, Maryland

"Celebration of the Arts" introduces readers to winning photographers with crisp writing and layout. The audience gets to know something about the people behind the work.

15. Topical Issue

15-A

First: Today's Transitions, Kentucky

"Win in the Game of Later Life" is a well-sourced piece about the difficult decisions facing all seniors: how to increase their social circles, whether to invest in long-term insurance, whether downsizing to a smaller home is a good idea and how best to handle financial assets. Reporter Marie Bradby's writing is clear and entertaining, and the article scores high as news her readers can use. Nicely done.

Second: Senior Voice, Alaska

"Senior Centers Assess After Riding Out Earthquake" is important reporting on the status of facilities serving older folks and the lessons learned in the wake of a 7.0 quake that rocked the Anchorage area in November 2018. Reporter Mackenzie Stewart did a thorough job of checking in with centers across the area to let her readers know exactly what the impact was.

Third: The Beacon, Howard County, Maryland

Ned Tillman wants to get the word out about what he calls the greatest challenge of the century, and Robert Friedman's feature "Heated Book on Climate Change" helps him do just that. Friedman explains why the 68-year-old Tillman decided as a veteran author to dabble in fiction for the first time and gives his audience plenty of incentive to pick up Tillman's latest work.

15-B

First: Senior Life, Florida

"Parkinson's Down for the Count" is a fun and fascinating piece about seniors who turn to boxing to ward off the effects of Parkinson's disease. Reporter Ernest Arico weaves together personal anecdotes with a bit of science to illustrate and explain the myriad benefits the sport offers.

Second: Montana Senior News

Often lost in the national discussion of LGBTQ rights is the impact of recent developments on seniors who grew up in an age when discrimination based on sexual orientation and gender identification was even more pervasive than today. In "Montana Pride: LGBTQ Seniors Realize Progress but Still a Ways to Go," reporter Aaron Parrett examines the issue through the lens of seniors who live in a state with no protections in matters of housing or accommodation. It's an eye-opening piece of journalism.

Third: Idaho Senior Independent

Dianna Troyer tackles an important topic in “Find Hope and Healing After Loved One’s Suicide,” in which she leads with a health-care worker who not only has expertise in helping people deal with the loss of their loved ones but also experience with the tragedy of suicide in her family. This is somber but important work.

15-C

First: The Active Age, Kansas

“Wichita Takes Pass on Centers” is a hard-news look at the reluctance of Wichita public officials to invest in the city’s senior centers, an anomaly among communities in Sedgwick County. Reporter Joe Stumpe does a thorough job of comparing Wichita’s lack of spending with healthy appropriations in surrounding cities and towns. The only thing missing: The voices of Wichita City Council members, who declined to talk with Stumpe.

Second: Baltimore Beacon, Maryland

“Is Medical Cannabis for You?” is a timely and informative story that helps seniors struggling with any number of ailments figure out whether trying marijuana is a good idea. Although seven years have passed since the Maryland legislature legalized medical marijuana, only now is it becoming widely available in the state, Carol Sorgen and Robert Friedman report. They teamed up to answer all the questions seniors might have.

Third: Lifestyles After 50, Florida

“Here’s the Buzz on CBD Oil” is a well-structured Q&A on the potential benefits and pitfalls of this new health craze. Reporter Randal C. Hill walks his readers through the science behind cannabidiols and solicits advice from experts to help his readers make sound decisions.

16. Front Cover (Photo)

16-A

First: Westchester Senior Voice, New York

Beautiful use of color makes the green gem and main tease jump off the page. Teases are readable and intelligently-placed around the subject. The story concept is evident from the photograph and text.

Second: Nola Boomers, Louisiana

Strong technical execution, lovely styling and a comfortable pose create a striking photograph. The clean background allows for clear and readable text.

Third: Senior Voice, Alaska

The movement of the water and soft colors of sunrise grab attention and lead viewers to the text. The teases are balanced by the lone photographer on the right, standing knee-deep in the surf. The color of the nameplate blends well with other cover elements.

16-B

First: Boomer Guide, Florida

The most noticeable things about this cover are the beautiful colors and the yellow-green rim light. The subject gazes directly at the viewer, and the placement of the ball helps move interest around the page. The main tease works with the photograph to explain the cover feature.

Second: Northeast Ohio Boomer and Beyond, Ohio

Complementary yellow and blue colors create a balanced cover, with well-placed and sized teases. The subject's endearing expression fits the tone of the article.

Third: Fifty Plus Lifestyles, New York

Dolores Hofman is a proud and happy woman, sitting in her forklift. This environmental portrait shows the subject, as well as the storyline. The headline summarizes the content and leads to the article. The nameplate works with the colors of the forklift and its background.

16-C

First: Fifty Plus Life, Pennsylvania

The yellow tease and nameplate jump off the black and white hues of the cover photograph. The subject's sweater blends well with the tones of the background, and his confident pose certainly makes him look like a "jack of all trades."

Second: The Best Times, Kansas

The high angle cleans the background and allows viewers to see the faces of the "granny basketball" players. The tease fits the photograph, and the red colors are used throughout the cover.

17. Front Cover Illustration

17-A

First: Today's Transitions, Kentucky

This is beautiful art of a woman "growing" a better life. The style denotes peace and serenity.

Second: The Best Times, Tennessee

A bejeweled Valentine created by an artist for a benefit auction dominates the cover of the Valentine's Day issue.

Third: PrimeLife Times, Illinois

This cover has two illustrations. The dominant one is of two hands touching across the table to illustrate the importance of personal contact with those with dementia. The second is a cartoonish Santa to illustrate odd Christmas traditions. Both match the tone of the articles well.

17-B

First: The Vegas Voice, Nevada

Using the iconic Norman Rockwell drawing of the artist painting his own portrait, the illustrator, Ray Sarbacker, put himself in the pose position to denote his 100th cover design for the publication.

17-C

First: the active age, Kansas

For the newspaper's 40th birthday, the staff chose an illustration of two senior citizens preparing to get a piece of birthday cake. Noteworthy is the minority representation in the illustration.

18. Table of Contents

18-A

First: The Best of Times, Louisiana

This table of contents is easy to read because of large font and typographic hierarchy. Photographs and illustrations are used to highlight sections and draw attention. This is well-organized and creates a strong map for the publication.

18-B

First: Northeast Ohio Boomer and Beyond, November/December, Ohio

A dominant photograph anchors the page, and smaller detail images add interest. Font is sized well for the audience, and the page is easy to read and navigate.

Second: Boomer Guide, Florida

This publication cleverly uses colored file folders for their table of contents. The list is organized and helpful, with contrast to add interest. Tight, detail images at the top highlight the lead articles.

19. Briefs/Shorts

19-A

First: The Best of Times, Louisiana

Our Favorite 5 is a full-page devoted to a variety of topics. The pages are colorful, easy to navigate and designed to stop readers who may be quickly paging through the publication.

Second: Today's Transitions, Kentucky

Today's Transitions uses a light, airy design to highlight multiple-element topics pages. The illustrations and photos draw attention, and the copy, set off by white space, is easy to read.

19-B

First: Northeast Ohio Boomer and Beyond, Ohio

Whether it is one-subject or multiple subjects, these "Worth noting" pages are attractive and easy to navigate. There is dominance on each page.

20. Annual Senior Resource Guide or Directory Design

20-A

First: Beacon Senior News, Colorado; "The Beacon Guide"

This organized guide will be a keeper for local seniors and their families. A readable contents page and color coding allow for easy navigation. Each section begins with a dominant photograph, an additional contents listing and a short Q&A introduction. Subheads make it easy to skim and still find whatever readers might seek.

Second: The Best of Times, Louisiana; "Silver Pages"

This resource directory is full of helpful information, compiled in a neat package. The contents page quickly leads readers to each section, while subheads and bullets made them readable. Fun selfies, submitted by readers, bring color to pages of text.

Third: The Senior Reporter, Minnesota; "Special Senior Housing Issue"

This issue opens with several features, each with multiple photographs. The large font takes the readership into account. Color-coded listings, broken up by counties, are easy to navigate.

20-B

First: Senior Life, Florida; “Boomer Guide”

A beautiful cover with balanced teases and a vibrant photograph sets the tone for the rest of the guide. Large posed portraits, full of personality, anchor many spreads. Elegant typography, helpful graphics and balanced white space make reading this guide a joy.

Second: Forever Young, New York; “Guide to Senior Living”

Readers are treated to several well-designed articles at the front of the directory, each with a strong dominant photograph. Special attention is paid to creating multiple-picture photo packages. Lists are separated by types of services and color-coded for easy reference.

20-C

First: 50plus Living, Pennsylvania; “2019 Edition of 50plus Living”

Comprehensive lists of living and care options are broken up with features, each with dominant photographs. These listings provide more than just names and contacts. Pages are designed to include a helpful description of each option.

Second: 50plus Life; “Resource Directory for the Caregiver, Aging and Disabled”

This handy resource puts important information into a comprehensive and manageable guide. By using the table of contents, it is easy to find a listing and the phone number to call for more information.

21. Feature Layout

21-A

First: Today’s Transitions, Kentucky

Great portrait work is displayed to good effect throughout the five pages. Each page features an environmental portrait and a copy block. This is professional-grade design.

Second: The Senior Reporter, Minnesota

The gardening issue features beautiful flowers in color to enhance the design. The text is in clean modules for easy reading.

Third: Beacon Senior News, Colorado

This two-pages spread on facing pages about living in small spaces is designed as single unit. Despite the high number of elements, the designer has created a controlled layout that shows off the photos and protects the integrity of the text.

21-B

First: Northeast Ohio Boomer and Beyond, Ohio

Shooting Stars, about a photographer who specializes in portraits of celebrities, uses some of his work to bring readers through this three-page spread. It opens with a strong portrait of — who else? — the photographer. The typography and white space enhance the presentation.

Second: Senior Life, Florida

The presentation on colorful murals features plenty of colorful murals. The photos are arranged properly to leave modular spaces for the text. It’s fun to look at and easy to navigate.

Third: Montana Senior News, Montana

“Montana’s Bleu Horses” is a double truck with impact. The large image of the blue horses, combined with the silhouette of another horse and large title, speak to the grandeur of this artist’s work.

21-C

First: The Best Times, Kansas

The “Anatomy of a Severe Weather Alert” consists of four pages with ample illustrations and photographs. The design leads readers easily through the content. The designer was able to manage multiple elements without creating clutter.

22. Best Overall Use of Photography

22-A

First: Boom! Magazine, Missouri

Beautiful covers, a variety of interior photography and technical excellence make this entry a winner. Readers are treated to strong portraits, fashion, food, photo illustration and documentary photojournalism in each issue. Images are edited and sized well, and dominance is achieved on each spread. Standout articles are “Keeping Fit,” “Step into Style” and “Chef’s Choice.”

Second: The Senior Reporter, Minnesota

The Senior Reporter does a particularly good job of displaying the strongest images to their full potential, such as the full spread bleed of “Jerry Maly, Ever-Changing Craftsman.” Detail images are grouped well in several features. Of note is the documentary photojournalism package with several action photos, “Quilting is Important.”

Third: The Best of Times, Louisiana

Cover photographs thoughtfully illustrate the lead story. Every spread, including the contents page, has at least one image. This publication clearly considers how to include images with each article. A mix of portraits, action and photo illustrations keep the pages lively.

22-B

First: Forever Young, New York

Clean covers highlight the main story, and the handy table of contents makes navigation easy. Each issue begins with a simple calendar and has a consistent layout throughout. Food photographs and pages are particularly striking and sophisticated.

Second: Senior Life, Florida

Regular sections such as “Senior Living,” “Neighbors,” “Senior Life Stripes and “Senior Life Health and Wellness” are consistently designed and labeled to create a familiar publication. Photographs are edited and sized well to pull readers into stories. “Florida’s Mural Trail” is a standout photo spread in the January 2019 issue. Consistent covers with strong images give readers a strong sense of the contents.

23. Best Use of Color

23-A

First: Boom! Magazine, Missouri

Covers show an elegant and restrained use of color. The subtle color palette for “The Style Issue” is particularly striking. Inside headlines and typographic details match the lead image, drawing attention to the text without overwhelming the page.

Second: The Best of Times, Louisiana

Color is used strategically to unify the publication and ease reader navigation. Each issue has a lively and colorful content page, uses vibrant color in feature headlines and has bold covers. September 2018 is a particularly striking cover, with a strong color palette.

Third: Senior Perspectives, Michigan

Excellent color photographs grace the covers, with text and text boxes that fit the color palette. Consistent colors are used for section headlines. Subdued use of color throughout the publication fits the tone of the magazine.

23-C

First: The Best Times, Kansas

Colorful headlines draw attention to stories, and background colors are pulled from the photographs. Large, vibrant photographs anchor the spreads. Color use in the Classifieds helps move readers through the text.

24. Overall Design

24-A

First: Boom! Missouri

Boom! (short for boomer) is a glossy, professionally designed magazine. Every department from the index to the cover story is designed to highlight the content while staying within the context of the overall visual look. Excellent photography is displayed well.

Second: Nola Boomers, Louisiana

Covers are built around a strong environmental portrait. Generous white space gives the magazine an unhurried visual effect. Great job of segmenting stories to make them look shorter and to appeal to scanners. Spot color is used to good effect throughout.

Third: The Senior Reporter, Minnesota

Good covers promote the inside content. There's a nice interplay of short, segmented pages and slower reads. Text is in modules to make it easier to navigate. Design elements are consistent.

24-B

First: Northeast Ohio Boomer and Beyond, Ohio

This publication starts with strong photography on the covers. Inside, there is a high element count, but the design presentation is orderly and organized. The design of cover stories, such as the "Lighten Up" package, conveys a tone consistent with the content. There's good use of spot color in addition to the process color.

Second: The Vegas Voice, Nevada

Consistency is the keyword in the Voice's design. The presentation is low-key. The approach is easy to navigate. This publication is full of shorter stories that would attract scanners. Cover packages, such as the guardianship stories, are segmented so nothing looks overwhelming.

Third: Montana Senior News, Montana

Everything is labeled and appears in the same location from issue to issue. Cover packages, such as the Blu Horses, get special design treatment. Covers feature strong photography.

24-C

First: 50plus LIFE, Pennsylvania

Interesting covers attract interested people. For instance, one cover has about 30 smiling people holding up ukuleles. It leads to a cover spread on a community ukulele orchestra. This is a fun story presented in a fun way. The publication sports a down-home design. It is functional. It eschews bells and whistles for good bread-and-butter presentation.

25. Self Promotion

25-A

First: The Best of Times, Louisiana

This promotion did an excellent job balancing color and copy. The border theme plays well off the “kooky” glasses giving the reader a sense of levity and driving home the publications message that it is a one stop shop for all things entertainment in the Shreveport/Bossier City area.

25-B

First: Forever Young, New York

Forever Young uses a joyful, relatable image of a couple on the beach to draw in the readers eye and, once they have their attention, hits them with a value statement “Winner of 6 NAMPA Awards” on publication quality. This ad lets the image do the talking and emphasizes a message of quality by listing each individual award below. The message is reinforced by pairing print display with an insert campaign that keeps industry excellence top of mind.

26. Self Promotion (Outside Source)

First: The Best of Times, Louisiana

In this advertisement, the image does an excellent job of representing the publication. Their use of color is good and although the yellow in the body text slightly washes out against the green background, the white pops against both green and red backgrounds. It is informative without being wordy, and the whimsical joke about being covered elicits the kind of wry chuckle you’ll remember the next time see The Best of Times

Second: Simply Seniors, Utah

Humorous use of the Dean photo and quote. The three covers featured are bold and eye catching against the black and white background image. All three covers elicit feelings of joy and the Dean joke gives readers the impression that Simply Seniors is fun, exciting and worth picking up.

Third: Senior Life, Florida

This display advertisement is nicely balanced and uses limited space well. The play on Rosie the Riveter is both inspiring and amusing. This ad is well-defined, informative and not over done.

27. Self Promotion (Awards)

27-A

First: The Best of Times, Louisiana

Creative...check. Humorous...check. Informative...check! The image connotes a joyous occasion, and the rhyme about being on “Cloud 9 at the Best of Times” is catchy without being

overtly cliché. The graphics and text are well balanced on the page and the readers eye is equally drawn to the couple celebrating, as well as the bold “BEST OF SHOW”.

Second: Senior Perspectives, Michigan (Letter from the Editor)

Excellent layout and photo/text balance. The awards won are easy to identify and the images of the winners holding their plaques help to humanize the publication.

Third: Senior Perspectives, Michigan (Alzheimer’s)

Good mix of editorial and photo content. The focus of the page is clearly on The Walk and the awards featured are a nice complement. The layout is balanced and each photograph fits well within the overall theme.

27-B

First: The Vegas Voice, Nevada

Excellent layout and combination of text and photo elements work well here. A strong headline conveys humor and humility. The reader is given both a written breakdown of award-winning categories, as well as several examples of their award-winning work. The 60/40 background split also works to draw the eye to both image and text visuals.

Second: Senior Life, Florida

Outstanding image of the “Best of Show” trophy immediately grabs the reader’s eye. The play off the Academy Awards is both humorous and functional as it serves to frame the trophy image and also breaks down the winning categories.

27-C

First : The Best Times, Kansas

The background image expresses a celebratory theme that pairs well with the breakdown of award-winning categories. The layout maximizes the limited space while still conveying a festive mood and their use of silver and gold further reinforces the congratulatory theme.

29. Best Single Ad (Black and White)

29-A

First: Senior Perspectives, Michigan

Great ad! It is always difficult to draw reader attention with black and white, but the use of bold, concise text alongside a humorous image and message work perfectly here. You can almost see a smirk on one of the gentlemen’s faces that gives the ad a playful feel.

30. Best Single Ad (Color)

30-A

First: Beacon Senior News, Colorado (Dentist)

This advertisement made me do a double take! The obviously intriguing, somewhat jarring, image of a lone-toothed mouth immediately compels the reader to explore the rest of the ad. The play on words, “Don’t Decay,” softens the initial shock of the image through humor, and the bookend image of the dentist completes the narrative without having to spell it out in text.

Second: Beacon Senior News, Colorado (Summer Camp)

What a great picture of a grumpy kid! This ad is funny, informative, relatable and memorable. The juxtaposition of the grumpy video gamer and the happy campers illustrates the ad's purpose even before you read the text. Excellent work.

Third: Beacon Senior News, Colorado (Glaucoma or Guacamole?)

It took three glances before I realized this was not an ad for guacamole...perhaps I need my eyes checked! Great use of color and hilarious concept. Timing the run around Cinco de Mayo is perfect. This is definitely the kind of ad you remember and laugh about later.

30-B

First: Senior Life, Florida

Fantastic use of a large space! The ad is bright, colorful, informative, balanced, engaging and fun. The sponsor logos frame the message well, and the main graphic/banner is PERFECT for this event. The pertinent information is bold and accessible, with more detail sprinkled throughout that continues to inform the reader as they shift their focus around the page.

Second: The Vegas Voice, Nevada

Incredible use of color has these images popping off the page. This ad is jam-packed with information and photographs that quickly transport the reader to Tuscany. One will be daydreaming of vineyards and piazzas while simultaneously checking the bank account and vacation time.

Third: Idaho Senior Independent, Idaho

Perfect layout of photos, graphics and text. The product is prominently displayed but not the focus of your eye. The image of the couple hiking and "living their best life" leaves the reader with a sense of contentment.

30-C

First: The Best Times, Kansas

Nice balance of graphics and calendar/agenda text. It's informative without being too wordy. The color palette is simple but works very well with a park district advertisement. Overall, it's a great use of limited space.

31. Best Banner

31-A

First: The Best of Times, Louisiana

The use of oversized capital lettering and serif font evoke feelings of nostalgia and tradition, while the slightly tweaked "O" adds a playful element. It is clear, bold and eye-catching.

Second: Simply Seniors, Utah

Clean, clear and crisp. The use of oversized capital letters and sans-serif lower case lettering makes the banner easily legible from afar. The shadowing gives it the appearance it is popping off the page.

31-B

First: Boomer Guide, Florida

A colorful, almost whimsical banner is bold and attention-grabbing. The sans-serif font is clean and really pops against the white background. The colors complement the cover image and add to the overall design of the cover.

Second: The Vegas Voice, Nevada

Very cool use of the strip graphic along the bottom of the banner. The red/white split evokes a “sin city” vibe and the tease referencing the NAMPA awards suggests quality.

31-C

First: The Best Times, Kansas

The nice use of white lettering stands out well against the hardwood basketball court background image. The banner grabs reader attention without distracting from the content teased on the cover.

33. Website Self Promotion

No awards

34: Website General Excellence

First: Idaho Senior Independent

This a bright and inviting website that’s well-organized and easy to navigate. The sheer volume of content is impressive. Feature stories shine with excellent writing, and columns offer insightful opinions and sound advice. The tab at the top that allows users to find news from their neck of the woods is a nice plus. Idaho seniors have a useful and entertaining resource here.

Second: Montana Senior News

One could spend hours combing through this website’s content, which runs the gamut of news and features relevant to the senior set. Health reporting, financial advice, personal columns and stories about Montana’s unique recreational opportunities make this a treat to read.