NOVEMBER 2025, ISSUE 1

Legacy After 60 Magazine

Legacent

Living Legacy Conservations

Using the Lantern

When You Share, You Educate

Beyond the Next Chapter

9-Point Legacent Framework

From the Hearthkeeper

Using the Lantern

Welcome. You've stepped into The Lantern Issue, a lighted space for those who sense the quiet realization that comes after 60—when the question shifts from How do I keep living life? to How do I begin living legacy life?

This first issue invites you to explore that turning. Living life has been your journey of doing, giving, and becoming. Living legacy life is the art of weaving meaning into those experiences so they serve as markers for others. It's not about looking back with regret or forward with swiftness—it's about standing where you are, seeing the whole arc of your story, and deciding to live it again, more intentionally.

Here, you meet the Legacent—a new kind of older. Part mentor, part docent, the Legacent is a catalyst, wise agitator, and meaning-maker who continues to learn, create, and contribute. A Legacent does not retire from relevance; they refine it. The "I've Got Your Back" promise rests at the heart of this living—an assurance that no one walks their legacy path alone. We walk together—listening, reflecting, and acting across generations.

Legacy Question for Reflection:

What wisdom are you ready to share that you've been keeping to yourself?

Dr. Stephen Hobbs WELLth Movement

From the Hearthkeeper

What is Legacy?

Legacy is often thought of as what we leave behind after we are gone. Actually, it is much more than that. Legacy is both an outcome and an active process. It is **about the useful what's you gift to others so they can learn from your experiences**, shaping their own journey in meaningful ways. These *useful what's include time*, *effort*, *and money*, all of which can be allocated intentionally while you are still living.

Legacy is about how you live today. Instead of thinking about your legacy later. The truth is, legacy is built/grown in real-time. Every interaction, decision, and contribution you make shapes how others will remember, learn from, and carry forward your impact/influence.

Legacy is wholversical—a term that embraces the whole and the versatile nature of legacy within all intergenerational conversations about conservation. Conservation extends beyond ecology/environment. It's about not wasting resources, especially time, effort, and money.

Each generation inherits knowledge, systems, and values from those before them, and what they do with these resources determine what the next generation will receive. Legacy serves as the bridge between protecting what is valuable and adapting for the future. Whether it involves safeguarding cultural traditions, passing down ethical leadership, or pioneering sustainability initiatives, legacy is crucial in ensuring progress occurs without unnecessary waste or loss of wisdom.

This makes legacy a conversation. It is a shared responsibility that extends beyond individuals to families, communities, and society as a whole.

It is living intentionally while shaping a future that honours the past, values the present, and creates meaningful pathways for those who come next.

What's your legacy? The answer lies in what you decide to do now.

From the Hearthkeeper

Explain/Describe Legacent?

A Legacent, through a legacy lens, is someone who lives and leads with the intention of contributing meaningfully across generations—through what they know, and through how they show up in the learning and living journeys of others. Their work is not merely educational—it's relational, intentional, and transformational. They transfer knowledge; more so, they shape legacy.

Who Is a Legacent?

A Legacent is a living legacy agent—a docent (who offers interpretive guidance), a mentor willing to answer questions, and an adventurer together in the unfolding journey of others. To explore the educational approaches of the Legacent is to appreciate how the Legacent integrates and dynamically balances

- Teach in the Reach.
- Guide on the Ride
- Sage off the Page

They are:

- Rooted in experience, open to emergence
- Committed to contribution over recognition
- Oriented toward mutual learning, not one-way teaching
- Focused on shaping the future through presence in the now

They engage legacy as something they intend to leave behind as they live forward on their unique journey and adventures with others.

Learn more about Legacents in the issues to follow - and how to become a Legacent!

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Editor: Dr. Stephen Hobbs

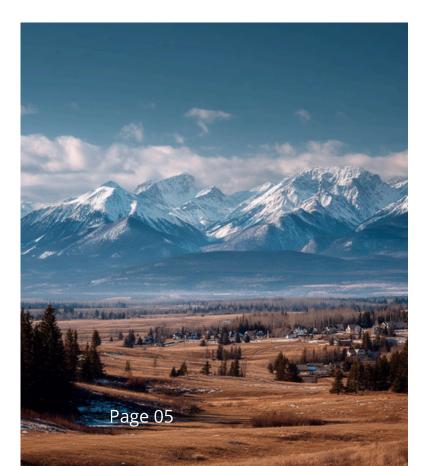
Issue 1 - for display!
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Article

BEYOND THE NEXT CHAPTER

Living the Legacy You've Been Writing All Along

At seventy-one, Maren stopped chasing the next big thing.

After a lifetime of teaching, directing, and achieving, she found herself staring at a quiet morning—a cup of tea cooling beside her, notebooks half-filled with ideas that no longer stirred her energy. For the first time, she wasn't asking what's next? She was asking, softly and curiously, what matters now—and who benefits?

That single shift became her awakening.

Maren's realization was not dramatic. It came through silence—through the long pauses between plans and the whisper of something unfinished yet deeply alive. She had lived life fully, but a new invitation was forming: to live legacy life.

The Shift: From "What's Next for Me?" to "What Matters Now, and Who Benefits?"

After 60, the question of time changes shape. It is no longer a countdown but a reckoning—an invitation to reorient your energy toward what endures beyond you.

For Maren, it began with mentoring two younger teachers who were struggling to keep their spark in an education system growing more mechanical by the year. Instead of offering solutions, she listened differently. She asked questions shaped by years of practice and a growing tenderness for the journey.

She realized she was no longer teaching content—she was educating context. Not telling others what to do, rather encouraging them to find who they could become. This was the threshold between living life and living legacy life.

"At some point after 60, living life is no longer enough. Something more meaningful wants your attention."



Integration: Turning Experience into Pathways for Others

Maren began to see her decades of experience as stories to preserve AND as pathways to share. Her former lessons became frameworks others could adapt. She hosted small gatherings at the community library—story circles where younger and older educators sat together, trading experiences across age lines.

Each week, a "story stick" passed from hand to hand. Whoever held it spoke for five minutes about a moment that changed their view of teaching. The group learned to listen—to understand, to value. These circles became living laboratories of reciprocity, where wisdom met wonder, and everyone left a little more whole.

That's how Maren discovered what it means to become a Legacent—a blend of legacy and docent. The Legacent is not a title but a way of being: a catalyst for others' growth, a wise agitator who stirs thought without controlling the outcome, and a meaning-maker who connects experience to purpose.

"You don't wait to be remembered; you choose to be of value now."



Action: Teaching in the Reach, Guiding on the Ride, Being Sage off the Page

Living legacy life means acting with intention through presence, not position.

Teaching in the Reach

Maren began offering "porch sessions"—informal mentoring chats over tea for anyone curious about their next chapter. These conversations often ended with a single reflection prompt: What would you like to be known for in how you treat others?

Guiding on the Ride

She joined a walking group that mixed retirees and high school students. Along the trails, she practiced shared guidance—offering insights when asked, asking questions when silence felt right. The rhythm of walking became a moving classroom where leadership flowed both ways.

Being Sage off the Page

She stopped publishing her own articles and started editing the reflections of others. Her joy shifted from visibility to stewardship—ensuring that others' voices were heard. Her quiet editing became an act of legacy in motion.

Through each action, Maren lived the promise that anchors the Legacent way: "I've got your back."

Legacy in Motion: Living the Promise

For Maren, that promise shows up daily in small, steady gestures.

When a friend calls unsure about retirement, she listens before advising.

When her granddaughter asks about the climate, she helps plant a tree instead of offering statistics.

When a colleague feels lost, she shares a thought, a story of her own searching.

Legacy life, she learned, is more than grand gestures—it's lived in quiet constancy. It is about how you hold others in their uncertainty, how you lend your experience without eclipsing theirs, how you stay curious long enough for others to grow confident.

To live legacy life is to keep saying, through word and deed, I've got your back—because someone once had mine.

Sidebar Definitions

Legacy Life vs. Living Life

Living life focuses on what you do to sustain yourself.

Legacy life focuses on how what you do sustains others.

The Legacent Blend (Legacy + Docent)

A Legacent is one who learns while teaching and teaches while learning. They guide others toward their own wisdom through lived example.

Catalyst, Wise Agitator, Meaning-Maker

A catalyst sparks insight without dictating the result.

A wise agitator stirs reflection in others, creating space for renewal.

A meaning-maker connects patterns of experience to the greater whole.

Reflection Question

Where are you on your journey from living life to living legacy life?

Pause with that question.

Listen for the quiet realization waiting beneath your achievements.

Perhaps, like Maren, you'll find that your greatest contribution is not what you've done—but what you are now ready to give forward.

Author: Rosa, Solace Grove Librarian

Formatting/Image Support: Stephen Hobbs





Reflections of Wisdom

Lantern Between Generations

In the quiet before dawn, a lantern glows. It passes from one hand to another—not to keep, more to keep alive.

An older holds it with steadiness, a younger with wonder.

Together they watch its light shift and share.

Flickering in its contribution.

The lantern is not memory alone; it is meaning that moves.
It is the hints of what was, the light of what can be.

Each lantern casts light — and shadow, each with care. Conserve through connection, and create through kindness.

The lantern does not belong to one age. It belongs to the splace between ages—where wisdom meets wonder and all involve wander.

So, pause.
Extend your hands.
The lantern is waiting.
What will you do with its light today?



Invitation to Readers:

Share your creative reflections—poems, sketches, or nature photos—linked with Living Legacy Life. Use the Contact Form to send your reflection and/or to ask more: wellthmovement.com/contact __Subject line: Creative Reflections

Legacent Phrase of the Issue

When You Share, You Educate

Every legacent knows that wisdom is not meant to be stored—it is meant to be shared. The phrase "When You Share, You Educate" reminds us that education extends far beyond classrooms, textbooks, or formal lectures.

It happens in conversation, in storytelling, and in the generous act of offering what we have learned from living.

When you share, you invite understanding/valuing.

You create a bridge between your experience and another's curiosity.

You model courage by revealing lessons shaped through both success and struggle. In doing so, you transform knowledge into connection, and connection into learning that lasts.

This is the Legacent way—living legacy now by teaching through example and story. Sharing is as simple as offering a reflection during a walk, writing a journal note for a younger colleague, or hosting a story circle at the community centre.

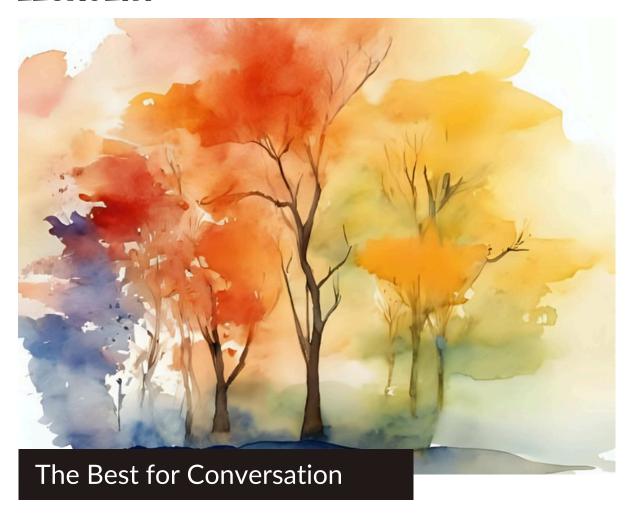
Every time you share, you activate education that grows outward—like ripples from a single stone. You become a living library of insight and inspiration, where others can discover both guidance and grace.

So, the next time you wonder whether your words matter, remember this phrase: "When You Share, You Educate."

It's what you know—more so, it's what you offer with care that transforms experience into an enduring legacy.







9-POINT LEGACENT FRAMEWORK

A Starter Briefing for You to Edit (Add, Alter, Delete) with Experience

Dr. Stephen Hobbs, Legacent

When starting out to become a Legacent, these nine points offer an excellent beginning. Each point can be edited, added to, or reshaped as experience deepens. Becoming a Legacent is not a fixed goal—it is a living practice that matures through reflection and contribution.

Moving In

At some point after 60, a quiet realization arrives—living life is no longer enough. Something more meaningful wants your attention. It's not about extending life; it's about expanding it.

You begin to notice how your experiences—once personal—are now potential pathways for others. You feel the call to live more intentionally, to share more generously, and to contribute more wisely.

That call has a name: Legacent (see page 4).

A blend of Legacy and Docent, a Legacent is someone who moves from living life to living legacy life—a catalyst, wise agitator, and meaning-maker who continues to learn, create, and contribute. You live your legacy before you leave it, while helping others to do the same.

Here is a framework that outlines nine points that make the Legacent identity tangible, trustworthy, and alive with curiosity—so you can begin living the legacy you've always meant to share.

1. Awaken the Meaning of "Legacent"

To understand Legacent, imagine a docent guiding visitors through galleries of art and history. Now imagine yourself guiding others through galleries of living legacy life.

You are not teaching from a pedestal—you are walking beside others through stories, insights, and wise actions gathered from experience.

Being a Legacent is both a personal commitment and a public contribution.

You live legacy life so others can see what legacy looks like in motion.

This awakening happens when you realize your lived story has become a lantern for others finding their way.

2. Anchor the Moment After 60

Becoming a Legacent begins when you stop chasing what's next and start shaping what matters now.

This is the age of integration—your experiences, values, and curiosity align to express your legacy as lived experience, not stored potential.

You show others that maturity is momentum, that curiosity doesn't fade with age, and that renewal is always available to those who choose it.

Your tangibility as a Legacent comes from what you plan to do —more so from what others can witness: your values in motion, your stories shared openly, your actions guided by care.

3. A Legacent Is Legacy in Motion

A Legacent is not an idea—it's a person in action.

Legacy becomes visible through how you listen, how you speak, and how you show up. You make conscious decisions about how to use time, share effort, and benefit others. It's legacy with sleeves rolled up—where you become both the story and the storyteller. When people see your example, they begin to ask, "What legacy am I living right now?" That's how curiosity becomes contagious, and that is how culture changes.

4. Activate the Legacy Pathway

Legacy isn't an endpoint—it's a rhythm, a cycle of movement.

As a Legacent, you move through three repeating actions:

- Knowing What legacy am I living now?
- Doing How do I give it visible form?
- Sharing Who learns or grows from my presence?

Each turn through this cycle strengthens your contribution.

It makes your wisdom actionable and your story renewable.

Your life becomes a demonstration of learning in motion—evidence that legacy is not a noun, but a verb.

5. Live the "I've Got Your Back" Promise

To say "I've got your back" is not a casual assurance—it's a declaration of care, courage, and respect.

You don't say, "I've got your back until it's inconvenient." You mean it as a steady truth.

When you make that promise, you place yourself on the hook—without exception.

Keeping it with integrity changes both people involved.

It shapes how you show up in relationships, community, and contribution.

You remind others that reliability is the foundation of legacy and that presence is the currency of trust.

6. Align Legacy with a Wholistic Educational Framework

Every Legacent feels a natural impulse to share wisdom without authority—to create spaces where learning unfolds through curiosity and conversation.

A wholistic educational framework bridges intention and impact.

It turns experience into practical insight others can apply.

You don't lead with answers—you walk with questions that invite discovery, dialogue, and depth.

Your story becomes a living classroom of meaning.

Understanding grows through reflection, interaction, and shared purpose.

Legacy shifts from mine to ours—a collective field of learning that continues to evolve as each person contributes their knowledge, care, and creativity.

7. Live Between Generations

Legacents thrive in the space between and among generations—where wisdom meets wonder.

You learn from those younger while sharing with those older.

You hold place and/or space (splace) for voices to rise, not for authority to rule.

This intergenerational flow keeps curiosity alive and relevance renewed.

When younger voices feel heard and older voices feel useful, legacy becomes a shared language of growth.

It's in these splaces that culture regenerates, and communities stay alive with mutual respect.

8. Invite Others into Living Legacy Life

To be a Legacent is to extend an invitation—to yourself and to others. You ask:

- What am I deciding to make important now?
- Where can my experience help someone move forward?
- How can we build something wiser together?

This is the bridge between your experience and another's emerging story.

Through this exchange, you inspire others to stand beside someone else and say, "I've got your back," too.

An invitation is how legacy expands.

Every shared act of curiosity, courage, or kindness multiplies the living legacy for the world, with the planet, as a whole.

9. Imagine Forward to Transform Now

Information informs, but imagination transforms.

A Legacent practices the art of imagining forward—seeing possibilities before they appear and shaping them into actions others can trust and follow.

- You take what you know and infuse it with wonder.
- You take what you do and add meaning.
- You take what you share and spark transformation—the moment someone says, "I see what's possible for me."

This movement from information to transformation is the creative current of being a Legacent. It's where reflection meets reinvention, and where ordinary days become extraordinary moments of shift.

When you imagine forward, you lead from the inside out.

You turn legacy from concept into living story—one that evolves with every action, every relationship, every breath.



Action Reflection on the Nine Points

If the first eight points outline the structure of Legacent living, the ninth gives it soul.

It's the dynamic power that bridges information through imagination to transformation—the inner ignition that turns understanding into embodiment through creative expression.

Take a moment to ask yourself:

- Which of these nine points feels strongest for me today?
- Which one needs my attention tomorrow?
- Which one am I ready to share as a story of my own living legacy?

Reflection converts inspiration into direction.

Moving Forward: Living the Legacent Way

A Legacent lives with intention, confidence, and care.

- You lead through presence.
- You teach through example.
- You promise through action.

Now, it's your turn to take the next step—to live the life you've prepared for, with clarity and courage.

Join the Legacent Grove and begin living legacy life today (Open in January 2026).

This is where your experience, expertise, and empathy find their next expression.

Where what you know and who you are combine to serve, guide, and motivate.

Live legacy life intentionally and confidently.

Mentor others with empathy, curiosity, and clarity.

Turn your decades of experience into shared contribution.

In this grove, you'll learn to:

- Map your living legacy life so your values, intentions, and stories align.
- Mentor with confidence and care so your wisdom becomes a source of belonging.
- Transform insight into contribution so what you've lived continues to live on through others.

Because the Legacent Promise is more than words—it's a way of being.

When you say, "I've got your back," you create safety, spark learning, and deepen connection.

You remind others that trust still matters, that kindness still leads, and that wisdom still moves the world forward.

The truth is simple: Legacy isn't left someday—it's lived today.

And when you live it as a Legacent, your presence becomes the story others will tell—with gratitude.

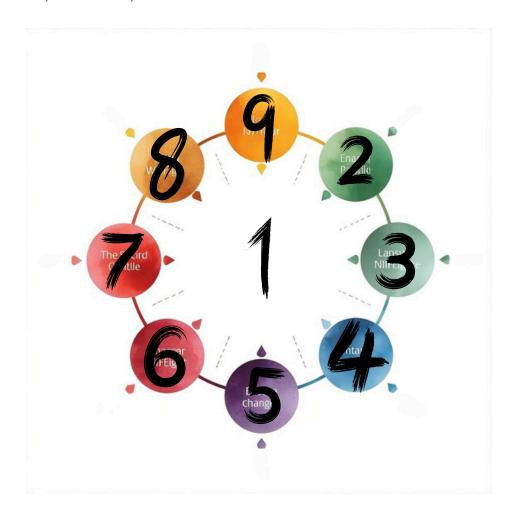
Reflection Prompt

Which of the nine points will you act on this week to make your legacy visible now?

Brief Overview of the Nine Points of the Legacent Framework

- 1. Awaken the Meaning Legacy + Docent = Legacent
- 2. Anchor the Moment After 60: integration, not accumulation
- 3. Legacy in Motion Visible through how you show up
- 4. Activate the Pathway Knowing \rightarrow Doing \rightarrow Sharing cycle
- 5. The Promise "I've Got Your Back" without exception
- 6. Wholistic Framework Learning through curiosity and conversation
- 7. Living Between Generations Where wisdom meets wonder
- 8. Invite Others Extending the invitation to living legacy life
- 9. Imagine Forward From information through imagination to transformation

"Each point builds on the others. Together, they create a framework for living legacy life with intention, confidence, and care." *The November 2025 edition!*



Do you have a different arrangement for this diagram?

Practice Page

The Promise That Changes Everything

Every Legacent lives by one clear promise:

"I've got your back."

It sounds simple, yet it carries the full weight of trust, care, and courage. It is not a slogan; it is a stance. When you say these words, you place yourself on the hook—without exception. You commit to show up, even when it becomes inconvenient.

This promise shapes the presence of a Legacent. It turns good intentions into reliable action. It reminds others that legacy is built on consistency, not ceremony.

What the Promise Means

To say "I've got your back" is to declare safety in relationship. It means, "You can rely on me to walk beside you." It is about shared movement, not silent observation.

For Jenn, the Youth Mentor (Social Worker) in the Town of Solace Grove involved with the Legacent Initiative, the promise began when a young attendee in her circle asked, "Will you still be here next month?" Jenn replied, "Yes, and if I can't be, I'll make sure someone else will." That answer built trust. The circle grew because people believed in her reliability.

This is what legacy looks like when it breathes—dependable, visible, and human.

What the Promise Does Not Mean

It is not a vow of perfection or ruling others.

It does not mean fixing every problem or rescuing others from their journey.

Instead, it means creating conditions where others can grow, knowing they are not alone.

A Legacent holds space for learning and challenge, offering presence before advice, encouragement before direction. The promise works because it honours both freedom and accountability.



Practice Page

The Promise That Changes Everything

Why the Promise Matters

The world is full of casual support—likes, follows, and polite applause. Yet genuine backing is rare. To keep this promise is to be counted on, not just counted in.

When you live "I've got your back," you anchor relationships in respect. You show that aging can mean steadiness, that experience can equal presence, and that care is still a form of courage.

Legacy becomes tangible through reliability—the quiet, repeated act of standing by your word.

A Story of the Promise in Action

During a community project on local conservation, one participant, a 30-year-old artist, nearly quit after a mural design was criticized. An older Legacent quietly reminded her, "You're painting the story of all of us. Keep going—I've got your back."

That encouragement reignited her effort. When the mural was unveiled, she dedicated a small corner to the phrase itself, hidden in the background—a signal of gratitude to the one who stayed when it mattered most.

This is how the promise ripples outward. Each time it is lived, someone else learns how to live it too.

Questions Before Making the Promise

Before you say "I've got your back," pause and ask:

- Can I honour this commitment even when it becomes difficult?
- Do I understand what this person truly needs from my support?
- Am I prepared to show up consistently, with both care and clarity?

"When you keep that promise with integrity, you shape legacy through presence. You remind others that reliability is the foundation of legacy."

Reflection Question

Who has had your back in ways that shaped who you are today—and how might you return that gift this week?

Using the Lantern — Hearth Closing

The lantern still glows.

Each story you've read in this issue—every act of care, every moment of learning—adds to its light.

Legacy is not left someday; it is lived today.

It is tended through presence, promise, and participation.

To live as a **Legacent** is to be part of a living system—a circle of continuity where what has been learned becomes what must be lived, and what is lived becomes what others learn. You stand where wisdom meets wonder, where experience and imagination renew one another.

Keeping the lantern lit does not mean keeping the world unchanged.

It means keeping the world alive—through curiosity, courage, and care.

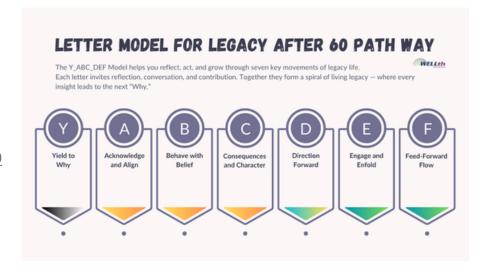
When you whisper I've got your back, you extend warmth across generations and remind others that trust still matters, kindness still leads, and learning still moves the world forward. So, tend your lantern.

Share its light.

Be the story others will tell—with gratitude.

"A Legacent lives with intention, confidence, and care.
You lead through presence. You educate through example.
You promise through action."

Watch the Y-ABC-DEF videos (Playlist) on YouTube@LegacyAfter60



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Contact: wellthmovement.com/contact

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WELLth Movement

Living legacy you intend to leave through gifting, contribution, and conversation!

Next Issue: December 4, 2025



