

# Ep 127 Midlife Conversations

Wed, Aug 23, 2023 5:34PM • 28:43

## SUMMARY KEYWORDS

women, conversation, talk, midlife, lizzie, age, today, airbrushed, bermudez, vogue, life, live, joining, jen, instagram, podcast, people, cindy crawford, good, vaginal dryness

## SPEAKERS

Jen Marples, Lizzie Bermudez

### Jen Marples 00:00

I know it's not going to be perfect. And we have to start with the people who are in the spotlight before it sort of trickles down to the regular folk like us, right? And all of us because I know there's a big debate, you know, like, it's like, why do we have astronauts on the cover? Why is everybody airbrushed? So like, I'm gonna take what we can get for now because at least we're getting something right and so at least like having women at the forefront and telling those stories and they might not be everything that we like, and it might not be perfect with this kind of stuff. One we got to start with the women who are out there Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a champion of midlife women and cheerleader for all women dedicated to helping you embrace and rock the second and best half of life. Each week, I'll bring you conversations with incredible women who will inspire us educate us and motivate us to live our very best midlife. I'll also pop on solo to share my best advice, tips and tricks to help you unapologetically go for your dreams, embrace your age and become unstoppable. If you are itching for a change, ready to pivot or looking for a second act, stick around as this is the show for you. And know this you're not too fucking old. Hello, everyone. Today's podcast is a replay of an Instagram Live that I just hosted with my really good friend Lizzie Bermudez, who you might recall was my very first podcast guest she was the one I launched this podcast with. And she is a very dear friend and we had an Instagram live conversation about ageism in pop culture. It was such a great conversation and it sparked so much discussion that I wanted to make sure you all had access to this fabulous conversation because it's so important to talk about how midlife women are being represented in pop culture and in the media, and how basically the discussion is happening today, around midlife women. It's very, very important. So I'm bringing this to you today. My apologies for you know, a little lower quality audio than you're used to here on the JennaMarbles show. But alas, it's not really the quality of the audio. It's really about the content. So without further ado, please enjoy this special airing of an Instagram Live with Lizzie Bermudez as we talk about pop culture, and midlife and ageism. And how midlife women are being represented in the media today. I hope you want to keep this conversation going and if so please join our Facebook group called the midlife conversation where we are going to continue talking. We're going to talk about all the important things there. And you can find that link in the show notes. So again, it's called the midlife conversation. It's a shiny fun Facebook group filled with badass midlife women. And we're going to have these important midlife conversations there. So again, the link is in the show notes. So click on that join. And we will see you on the other

side. Hi, everyone. Welcome to the med life conversation with Jen and Lizzie. I'm Jen Marples and Lizzy Bermudez is going to be joining us any second now. And what our conversation today is going to be about is a rich and juicy discussion about ageism in pop culture. What we've been talking about and what I know a lot of you've been talking about lately, is the fact that there are some interesting conversations and some interesting representation happening right now in pop culture. And there's some really crazy conversation going on about a couple different things and we're gonna get into it today. And so we are going to kick this off how mid life women are being represented on Sex in the City. We're going to talk about how there's a lot of chatter about our favorite supermodels on the cover of Vogue. How currently in our rooms come out with a little bit of a statement that's ruffled a lot of our feathers. So yeah, Lindsay and I are like longtime BFFs. And we are partnered together in this sort of a midlife revolution. And we all want you to know that you can do whatever you want. And this can be the best time of life. We do know there are challenges we do know there are conversations to be had. So the midlife conversation series is something that we're kicking off on Instagram, or we're going to be taking it out like in real life. This is one of many conversations. It's our first conversations and sort of the maiden voyage. So thanks for joining today. And we'll tell you a little bit more about what we're doing later. But just make sure you're following both of us and Jen Marples at Lizzie BTV. So you stay in touch with everything that we're doing, and again, we're going to be having regular conversations like this and we're going to be having a live event soon and you're gonna want to be following us for all that information. So I'm John Marples. If you guys follow me, you know who I am, but I will introduce myself I have a podcast called The Jenna Marples show and the tagline is, you're not too effing old. I'm going to keep it PG here today on Instagram. And my whole mission in life is to be champion and cheerleader from their life women, and I'm a business coach and I help women really step into the spotlight and now they're not too old to do whatever they want in life, particularly shine in business and be vibrant and vital. Lizzie I'm gonna kick it over to to introduce yourself and then we're gonna get into a really juicy conversation today. So thanks, everyone for joining. So happy to be here. So Lizzy, introduce yourself.

#### **Lizzie Bermudez 05:30**

So I'm a former TV news journalist, anchor reporter producer in San Francisco for many, many years and the award winning journalist, hung up my hat and that sort of work and started creating digital content. And specifically for women at midlife women going through perimenopause, menopause, and basically taking my own struggles and journey through this, that I went through and kind of figuring it out and sharing it with everybody, as I've been going through it. And then, as I've done that, Jen, I've realized how difficult it is for a lot of women to have these conversations or to be open and honest, and that there was a lack of camaraderie and community. So I've just put myself out there share my journey. And you know, I would just want to put my arms around this ginormous midlife community and help lift women up so very much with you in the same mission to to help women at midlife.

#### **Jen Marples 06:29**

Yes, we are definitely superduper aligned in that mission. And we both share the same passion for elevating women in this stage of life. And also bringing, you know, this this kind of podcast, I've got my podcasts, we have conversations, we go to events, we're going to be hosting events and conversations. And our mission is to really have this open dialogue, about everything that impacts us at this phase in life, because we got a lot coming out of the grave. Like we got stuff going on hormonally and all that we're not talking about that today, we got ages on which we are going to be talking about today. Good

aging parents, both of us have teens, there's a lot of teen drama and a lot of teen angst. And there's a lot that we're dealing with in that realm. There's spouses, there's partners, there's jobs and careers. I mean, there's there's a lot that goes on at this phase, but we are both the mindset that the glass is half full. It's not like oh, God, this is my life. We're like, what can we do? Let's talk about it, let's bring people resources. And let's really get together and talk about it. Because that's the most important thing that we need to do. Like, we both talk all the time about the power of community connection. And I'm just gonna tell everybody a funny story about our journey. So Lizzie and I, when I used to, and a PR firm. So we have known each other in a couple of different iterations of life, which is very, you know, when you get to this phase, you have different iterations, perm, and Lizzie was in media, you know, I worked with her from, you know, getting my clients on her. So that was, and then we reconnected over a decade ago that we were all of a sudden a reality TV show. So that's our almost our almost claim to fame is that we were our mom, our husbands were all like afraid that they were gonna divorce some ground reality show. And then we reconnected a few years ago, as we realized we were both aligned on this journey to elevate midlife women and elevate this conversation and bring women together. So this is how we ended up doing all of this. And I was actually reflecting this morning about what a wonderful journey that this is and how fun this is, can be like, we get to make the rules and that's it.

#### **Lizzie Bermudez 08:36**

And you know what Jen? is? You know, I know we are the glass is half full, but man, and I know you will admit it to like, I wasn't always the glass is half full, I was very much at the glass is effing MD Yeah. And I struggled. I really really struggled in many things wellness, health, emotional, spiritual, physically, work career, like every aspect relationships. So I do feel like you know, I've kind of been able to flip the script and figure things out, still figuring things out but figuring a lot of things out. And I think the more women that you invite into this conversation, the better off you are

#### **Jen Marples 09:17**

definitely and I'm glad you brought that up because it all pretty pretty perfect. And I wasn't there and I talked very open and honest just like like when I turned 18 before 50 The whole everybody else was the problem my husband my kids my life my house my dog like everyone was the problem except for I had to like shine or figure out what was going to be me Yeah, their time. But um, so let's get into it because we have a lot to talk about today. So again, everyone we're going to be having this this is the kickoff of the series that we're going to continue to do. We're going to bring this to IR Oh, coming soon more information to come. But we thought today we would talk about a couple of things that had popped up in pop culture This really this last week, last 10 days, and we've been talking about it. And we've each been talking about it with other people. People have brought it up to me because people have been linked. I was just having a conversation the other day, John, what do you think about and like, I know, you're gonna say Sex in the City, the new read like that. So we'll start with that, because, you know, we love we love Sarah Jessica Parker, we love Sex in the City. And I'm so glad they rebooted and just like that. But what we were really digging into was how, Carrie, when faced with having to read a script of an ad, for a vaginal supplement for middle aged women was disgusted by couldn't do it was ready to take, I'd cast over it, and she has that, like, I will do anything and anything to keep my podcast lying about it. So she actually was like, You're gonna take your podcast or something that you need, because you know, you're like, 55. So it got us thinking like, okay, it's great that we've got these women who are middle aged that we've grown up with, we've been with, we're on our 30s. And there's this real big

opportunity to have a really good conversation, a real conversation about what it means to be in the life. And I don't think that they're hitting the mark, what do you think?

**Lizzie Bermudez 11:19**

Immediately, I was disappointed, like, Are you effing serious, you're really, you're really having this much resistance. And then I stopped, took a beat. And I realized and talking to a lot of women, just as just as you do, Jen, is that there are a lot of conversations that are difficult. And I think that's why it's important that we do have so many women that are so open and honest in this community. But there are so many women that's struggle with it, like I struggled in silence, you know. So, before I started casting stones, I went whoa, okay, wait a second. I'm, you know, several years out now where I can talk about vaginal dryness, and libido, and sex and my emotional breakdowns openly, but it isn't. It hasn't been this way forever. By all means, I, there was a lot of resistance on my part, a lot of shame, a lot of embarrassment, a lot of WTF, like, how is this really happening to me? So when I stopped and I took a beat, I said, Okay, I get it, I get it. There, there is some embarrassment to this. But we have to be able to push all this out to the forefront and be able to talk about it, if we're going to make any progress and give women the help that they need. Right. And I would Yeah, I thought it was I thought it was silly, because it was like, I don't even know what the data is what the statistics are on women that deal with vaginal dryness. But if you are a woman of a certain age, and your estrogen has tanked, it is just a given that that's something that's going to happen. So I thought it was silly that she couldn't just, you know, reword it, and kind of have this Oh, I get it moment on the show. But you know, it's TV,

**Jen Marples 13:05**

I think the biggest thing is, is that and we'll get into the whole thing we're going to talk about Vogue, is that I know it's not going to be perfect. And we have to start with the people who are in the spotlight before it sort of trickles down to the regular folk like you and all of us because I know, there's a big debate, you know, it's like, why do we have astronauts on the cover? Why is everybody airbrushed? So like, I'm gonna take what we can get for now because at least we're getting something right. And so at least like Reese Witherspoon is there in her production company, having women at the forefront and telling those stories, and they might not be everything that we like, and it might not be perfect, but this kind of stuff. One, we got to start with the women who are out there like the Sarah Jessica Parker's and everyone on sex phone, it's and just like that, getting them out, but I don't want to lead to Sex in the City just yet, because there's a second piece of what happened and, and I think it was actually the same episode I haven't watched last night, so there's not gonna be any spoiler alerts about what just happened last night. But when she was talking with her former editor who is played by Candice Bergen, who was like the editor, and she was she wanted to, you know, get to have Candice Bergen write about her book. And of course, all of us would be like, whatever you need me to do. Do you need to ask that kind of basic of privacy right about like, I'll do it. And then she was kind of like, Oh, she included me in her age group because Candice, it's like women our age and yeah, Candice is like our mother's age. But again, the way she really has this visceral reaction of being grouped into even these women that were 76 We got to do better. We've got to do better with that conversation in everyone's like, Would someone say that to Anna winter, and winter invites me over honey coming, or whatever you mean? So it just and I know it's written by man, but I know all the women there are executive producers on the female actresses sign us like, how would you think about that? Lizzie I was like, you know, just the reaction was like it wasn't necessary and I do expect more from that show. Because they are Aren't age

and we've been with them since we were in our 30s to have a better conversation about women being able to kill it, you know, 50 6070 it's really inspirational that she was the editor of Vogue. And now she's got this like powerful like a list, you know, newsletter that, you know, makes products fall off the shelf, like, that's amazing. We all we all want that. And the fact that it's somebody in their 70s, they could have just had a different discussion. What do you think about that one? This one, I

**Lizzie Bermudez** 15:27

waffle back and forth a lot only because, like I know, just working in, you know, broadcast television, that when you're categorized with, with women of a certain age, when you've deemed yourself not of that age yet, right? That, for me was jolting that was just like, whoa, wait. That's how you Whoa. And that perception change? I think some women can just like, just like things in life, they can just cruise through. But others I think certain things, it just takes a while to sit with and accept. And like today, I'm like, what, like, what's the big deal? Right? Just move on, do whatever. But back then, you know, a few years ago, I get that hesitation, that uncomfortable feeling of? I'm not that old, old. What do you like? How dare you? How dare you put me into that same category?

**Jen Marples** 16:27

You know, I get I get the conversation. Because you know, actually today somebody reached out when they saw us promoting this segments? And can you do a talk about how I we can use you know, beauty products or whatever to enhance our looks. So we're not discriminated against in the job market. And so I mean, that's a layered in a deep conversation, we will talk about that for sure. on an upcoming episode. And I have talked about it. Now, you've talked about it in other realms. And I know that's the reality, but from these people that are in media, who are just on TV shows, this is fiction, it's like fantasy, those conversations, I am going to hold those people to a higher standard to start having those conversations. So I mean, do you have these like, because we've been at this for a long time, right? Talk about whatever, and we don't care, I won't sweat, I will not sweat it, nothing makes me sweat. But then there's the women coming in to your point who are dealing with very real situations in the job world and, and to be equated with somebody who's 60 could mean the death of your job, which is terrible and horrible. And there's so much work we need to do about that we're going to have those conversations to that I get that. I totally get that I was there. I was there like I mean, I'm 53. Now I didn't want to show on Instagram years ago that I was turning 50. So my god forbid, people think I'm 50 Maybe they don't want to hire me like they're not going to have want you to like do their marketing because they think I'm 50 and I'm so old tonight, and I'm over the hill. Of course, my icon, my pendulum is completely swung the other way going, Jesus, like they should hire all of us because we're all about this experience. But I get the real life not wanting to talk about it. And so many of our contemporaries out there, we're trying to say like, if every single time one of us is like, loud and proud about her age, and showing what we're doing and what can be done and having these conversations, we're gonna slowly chip away. This, this patriarchal narrative ages BS that we're dealing with. So that's why I do expect more. I did expect more from that show, to say instead of the No, I don't want anyone at the old lady party. By the way, ladies. That's an old lady party Sign me up. Like, we need more, I expect more from the general like the popular population as it were.

**Lizzie Bermudez** 18:49

Yeah. So there's definitely a level of disappointment. You're just like, really, this is how we're missing the mark. Really. And then I'm just like, Okay, it's like it's out there. It's very, we're dripping it out there very slowly. And there's just like, so it's just a reminder that there's so much work to be done, you know, like, we talked about it and you think people get the message, but it's just it's so widespread. It's flipping the script, and I think it's just gonna take a long time.

**Jen Marples** 19:18

It is and so that's why we're having this conversation today. So this brings us to talking about Vogue has a whole bunch of consumers don't know what's going on. Our favorite supermodels from the 90s are back on the cover of Vogue. So it's Christy Turlington, Naomi Campbell, Linda Evangelista, Lisa and Cindy Crawford into property. And so for most of us, so exciting and you know, I think it's also it's an analogic it's like, those were our gals in the 90s. We remember those thick books and interview magazines we all used to get in 1990. We were all 20. Here I was 29 to 90. It was exciting. It was an exciting, fun time. And so I'm happy to see them on there and I know you know they're going to be airbrushed. But you know, we're gonna again, it's like we'll get to a place. Hopefully we're we're not completely scrubbed and airbrushed and filtered and all of this, but the fact that we're all grown women, we know their age, that they're on the cover. It's a step forward in the right direction.

**Lizzie Bermudez** 20:14

Absolutely step in the right direction was I shocked when I saw that airbrushing? I guess no more shocked than when I saw Martha Stewart on the Sports Illustrated Swimsuit Edition. Right. But I thought what was interesting was a few watch the digital video that was attached to that article. You saw their age. And it was so drastic, I personally thought between the cover and that and I get it's a frickin magazine, they got to sell. It's part of it. But I did think they were very heavy handed with the photoshopping, because I didn't even think Cindy Crawford look like Cindy Crawford. On that cover. I was like, is that can that be is you know, I kind of was aggressive. I don't think they needed to be that heavy handed for that cover. But I do I do love that they are getting their time in the spotlight again, to move this conversation forward. I also love that, you know, they're talking about this series, this documentary that they're going to be putting out in the fall this four part series, I love that they're executive producers of it, because that talks about the ownership that women are getting, you know, in that film, TV making industry that hasn't been there all that time. That I think is frickin awesome, right? So it's like you take a few wins, you take a few losses, but I encourage everybody like go watch The attached video because even think Christy Turlington you can see her gray roots, wrinkles I mean the only one that looks freakin flawless is Naomi Campbell. Oh my god. So I'll give her that but the rest of the girls I think they really show there's that they've aged and I love I love that I absolutely love that. They still look freakin

**Jen Marples** 22:02

gorgeous. They agree give great face. Absolutely. Yeah, like them 70 is up I'll never look that good in my whole life or whatever and that they're supermodels. It's fine. But I guess I'm glad you brought up those videos because they've been showing us clips everywhere to like on Tiktok all over the place so they're easy to find. So I know when they do that documentary, we're going to see them in real life and like I follow them on Instagram and just Christy Turlington doesn't wear any makeup and doesn't use any filters like none of them. Do. I follow Cindy Crawford Sue so they show up as they are, of course,

the good Lord gave them a lot. Again, it's a step in the right direction and hopefully we can get to that place because you can think of like the big conglomerates on the corporate just to get them on the cover. I'd love to be in the boardroom like hearing all the white men

**Lizzie Bermudez** 22:52

love like one wrinkle. And that cover

**Jen Marples** 22:55

a range not so because all of us look at those women especially when you see the thing is they're just so spectacularly beautiful without a drop of makeup on and photoshopping and and it's just that thing we want to see reflected back it's the age and the wisdom and the beauty and all of that and everyone does a beauty treatments and we're not talking about that like everybody do you do everyone does them like I am not here to to pass judgment but this is a good segue into passing judgment and to our girl. Karolina Herrera who came out base and she's older, like what is she so she's a different generation, she's probably in her 80s basically coming out and saying that women who are over 40 with long hair. Jeans are classless. So I'm like, I'm sure we knew that a long time ago, Jad. Yeah, we all knew I had no class. So you're just joining in for that. It's like okay, whatever. Does she even know what she's saying? I don't even now. But the point is, we cannot pass judgment on women. Full stop. We cannot say Oh, you shouldn't do this, or you shouldn't you shouldn't wear this, do this, wear this date that person do that thing. That whole thing has to stop. And that's why I think when she came out that comment, it sparked all this conversation all over the interwebs. But you know, some people they'd like to pass judgment. And I know like you and I have stepped up publicly and people have come out and said some mean stuff to me. I know. They probably said some mean stuff to you. Like, you know, you're not too old. attackable some manca mobile, you are old and like, Okay, I'm gonna go like crying my Cheerios like, No, you can't. You can't bring me down with that content. I don't care what you say. But it brings up this bigger thing of like, women judging other women and all of that, and especially at this age, if you want purple hair and rock your purple hair. I mean, I do whatever you want.

**Lizzie Bermudez** 24:48

Right? Well, I just think with age comes wisdom. Yes, you would think and that. I just feel like if most people don't have a backlight We should have our back. We should be looking out for each other. We should be holding each other up right and supporting each other for doing what makes, you know, you, you, me me, like, let us do our thing. And I think that is just, it was just so superficial. I'm like, really? She needs to like you make beautiful clothes. Carolina Herrera, why would you make a statement like that that's so divisive. I was disappointed that she made that comment to

**Jen Marples** 25:24

make you know, she has she is she's a total. She's an icon and our friend Christine's in the comments. I was just looking. And she said, I hate that. And she just said, I hated that came out that statement, because she's been an icon to so many of us. And she's this fabulous one and designers you fill out it, you know, like in? You know, I think she's in her 80s, late 70s 80s? I'm not exactly sure. But that's an inspiration to us all who are sitting here in their 50s. And seeing somebody you know, at that age, it's like, like looking at my mom who's still working. So we should stop with the sweeping pronouncements. Yeah, I mean, we just have to stop with it. Unless it's

26:01

positive.

**Jen Marples** 26:02

Like, if you want to say you're wonderful, and I gotcha, then you can make a sweeping, sweeping statements like that when you say sweeping statements like you can't do something or you shouldn't do something like you shouldn't get Botox, but you should get Botox or it just all of it. It's like live and let live. Just live and let live. So we just have to, you know, we have a long way to go. But I'm glad that you know we're having it with so you and I wanted to really have this conversation publicly faces to get people thinking, and I know you and I are on the same page. It's like this midlife conversation, we want to get people thinking, talking and also offer resources perspective experts. So this is you know, this is our first one that we're doing. We thanks, everyone for joining, we are going to continue these conversations. So it's not gonna always be pop culture. We're going to talk about menopause. We're going to talk about career we're going to talk about the broader look at agents. And we're going to talk about all of it because it's called an applied conversation because we deal with a lot of stuff. And so it's the good the bad the ugly. But listen, Kuma let's say Lizzie and I love each other. It's like, we have literally cried with each other and also laughed with each other and shut down dive bars in Santa Monica. True story and it's everything. It's the whole thing. Because he's about to send her baby off to college, if you know I'm about and kicking my ass to write the college essay. I mean, it's just the whole midlife soup. And it's so much better when we're doing it together. And we're talking about it with everybody and bringing

**Lizzie Bermudez** 27:35

each other up. Yeah. I mean, I do love that they're easily we were like 123 Here are three things that are on our radar that we can talk about that is good, right? As opposed to them not being on anybody's radar or not being in the media or not being in the press. So when you look at a big picture, you're like, Okay, we're talking about it. That's a good thing. Yeah.

**Jen Marples** 27:56

So I think our summary and conclusion is it's not perfect, but it's a step in the right direction. Yeah. And so we're gonna we're gonna take it on behalf of the midlife team, and let us know what you thought, what your perspective is on this. And also let us know what you want to hear about because we're building out this series. And we're going to be creating live in person events too. So whatever you guys want to hear about, let us know we respond to everything. So you're going to be heard and we love to talk to you so but but let us find this again and everybody thanks for joining us. Make sure you're following both of us at genmark bulls and Atlas ybe. TV because we're going to keep a close eye on on all the stuff that we're doing to keep this midlife conversation going.