

The Age Sage – Good Things about Growing Old

Dear Age Sage,

I am having a hard time dealing with all the new aches and pains I wake up with every day. When I look in the mirror, I see an old lady. The truth is I am not doing too well with the fact that I am growing old. Any advice on how to accept this phenomenon that I have little or no control over?

Signed,
Resisting

Dear Resisting:

I guess when it comes right down to it, who among us is looking forward to getting old? But, what are we going to do about it? It is happening to all of us as we speak. In the next two decades 78 million people will enter the ranks of the aged. That's 26 percent of the population.

If you have read any of the Age Sage advice in previous issues, you would have read all about the things you could and should be doing now to age at least in the healthiest way that you can, both physically and mentally. So I won't repeat any of those "lectures" here. If you missed them, however, write to me and I will send them to you. Because the truth is, as we are both admitting here, we are not crazy about getting old, so let's at least try to do it with reasonably strong and sound bodies and minds.

That being said, I suggest we all focus on our attitude, our mind set, the inner dialogue we have about growing old. Sitting around worrying and stressing about aging will only make us age faster and with compromised health. A group of seniors from all walks of life were asked about their experience with aging. Their responses echoed one common theme, while growing old offers challenges, it also provides rewards. So I will get you started with some points from their list, but I suggest you begin your own.

Good Things about Growing Older:

1. The longer I live, the smarter I get.
2. Now I have time to garden.
3. I finally set up the woodshop.
4. Experience has made me wiser.
5. Wisdom has made me a poet.
6. I actually have time to write.
7. Memories give me material for writing.
8. As my wisdom grows, so does my self esteem.
9. I make my own decisions.
10. I take things in stride.
11. Tolerance grows with age.
12. I've lost my inhibitions.
13. I'm free from responsibilities.
14. I can follow my bliss.

15. My family-raising days are over.
16. I can do whatever I want.
17. I have time to travel.
18. I love elder hostels.
19. I can travel off season.
20. I can sleep late.
21. I can get up early.
22. At 82, I'm still dating.
23. Like a fine wine, I've mellowed.
24. I love senior discounts.
25. I have time to volunteer.
26. I can spoil my grandchildren, and then send them home.
27. I don't care what others think.
28. I am out of the rat race.
29. I have time to go to garage sales.
30. I can spend my days on the golf course.
31. I can be impulsive.
32. I'm finally learning to paint.
33. I can take a nap in the afternoon.
34. I can go to a movie matinee.
35. My kids do all the cooking when they come for holidays.
36. I 'm not too old to learn new things – I love adult education classes.
37. I can wear funky clothes.
38. I have time to learn meditation.
39. I have time to take up yoga.
40. I have time to write letters.

TIP:

A delightful book to read is, [You're Not Old Until You're Ninety... Best To Be Prepared, However](#), by Rebecca Latimer

Until next month,

The Age Sage

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