

## **OLD AGE DOES CREEP UP ON ALL OF US**

By: Bettie Wickham

I do not know if I grew old gracefully but looking back I know what made my life happiest. I found the happiest times on my “creeping up journey” were getting involved in socializing and volunteering at our Senior Center. No matter how down or sick I felt in the morning if I dressed up and went to the Center, I always came home feeling better, usually tired but ALWAYS happier.

In visiting with others with whom I had so much in common, I found we were all facing physical or other difficulties: Challenging problems different from what we were accustomed yet similar. Some had such positive attitudes toward life –others seemed so down yet after visiting with each other, embracing as friends, we all seemed to really enjoy being together. It seems: “US OLD ONES” ARE SURVIVORS. I can handle the good and the bad that comes my way if I feel I have friends and my life is meaningful. When one of us dies, it is like losing kinfolk. I have seen many go. I miss them but I know I will soon follow. I know seniors are recognized and respected more now than when I first realized that I was a senior. Two days ago I went to a party. Our Harmonica class had taken a summer break and was starting up with this social. With spouses and partners there were quite a few of us. A few years ago, we had started with a Pianist, Guitarist, five Harmonica players and a “wannabe”, (that was me). Other “wannabe’s” kept joining and we practiced, laughed, suffered stage fright and BONDED. I glanced around, glad that we were back together again –when I noticed Cleon and his wife Delane, a couple of the first starters walking in. He had been so ill and had had numerous surgeries. I was surprised that he had been able to make it. I turned to tell him how glad I was to see him and how well he and his wife looked. He smiled a slow radiant smile and just glowing said: The more we get together, the happier we’ll be”. The words of that old song drifted back into my mind...oh how true..

**THE MORE WE GET TOGETHER, THE HAPPIER WE WILL BE**