

Aging Gracefully in the 21 Century

By: Beulah Ralph

After I retired I started to volunteer at the Kearns Senior Center and keeping myself active — “Aging Gracefully in the 21 Century.”

I have seen a lot of changes over the years that help the seniors live longer; one of the best things that happened for all of us was when President Roosevelt signed the Social Security Act into law. The Social Security Act is for working people after they reach the age of sixty-five. Thirty years later, President Johnson signed Medicare into law. These two laws help me and other seniors feel secure enough to live longer, well into the 21st century. These laws, and the changes in the medical field, new medicines, all add up to keeping us well. I think it is possible by keeping my mind active, exercising to keep me strong, making new friends to be with, and keeping busy learning new things are the tools I need for aging gracefully. The last ten years that I have been at the Kearns Senior Center I have gone with my friends on many trips from the Center and have seen a lot of interesting places. I have learned to run a computer, write stories for the creative writing class which included short stories and poems for our monthly newsletter. My friend Birdie and I have quilted and tied quilts for the Center for the last nine years. The quilts we have done have helped our Center raise money while being together, and enjoying something we love to do. Playing games, being together with our friends helps us keep active as we grow older. The last twenty years have been good for the seniors and keep us busy. We also love to dress up in purple outfits and red hats for the Red Hat group we belong to. This is all a great way to “Age Gracefully in the 21st Century!”