

# **I AM AN AGELESS WONDER**

By Carla R. Wind

I consider challenges to be stepping stones to help me reach my goals. When my energy level or aches and pains try to slow me down, I recall it was the tortoise that won the race and I just do things at my own pace.

My mother is my role model for how to age gracefully. She believed in me. Her words echo in my ears, "Carla you have great talents, especially in art and music. Please write down all your songs and poems while you can still remember. Things don't get easier as you get older; you just have to try harder." Now as a senior, I am the exact height of my mother's 4' 10 1/2" tall. How I love being short. As long as I stand up for what I believe, I am my perfect height.

I felt close to nature and all kinds of creatures through the years. I try to "mother" cats, dogs, birds, and even a praying mantis, "Rosita", who helped me in my garden. They will all be part of my "fountain of youth", like all the "over 60 kids" at the senior center.

When I really want to feel young and beautiful, I walk back in time with photos. I am the baby winning a beauty contest at the age of 2. I am the beautiful girl in the picture "Class of 57 Sweethearts". A wood art masterpiece completed by my husband, Jim, in 2009. I am the most beautiful bride in the world in a wedding gown of my own design. Knowing that I am loved and cared for is my best beauty secret.

I find much joy in my garden, even when my attempts at farming home grown tomatoes ends up entered as miniatures in the flower show instead of horticulture at the state fair. I hope the judges has a sense of humor. If laughter is the best medicine, we will all be healthier.

**"THE CHILD I WAS STILL WANTS TO PLAY  
THE SENIOR I AM SAYS FIND ANOTHER WAY"**

**I AM AN AGELESS WONDER!**