

COME ON MOM, LET'S GO

By: Dorothy V. Stack

I thought growing older meant your children were grown and gone and then you were alone. That's not always true. I think one of the wonderful times in life is in getting older. So it isn't always easy. It's still worth it, in the love and the rewards.

When my daughter was young she'd say "Come on Mom, let's go," and we'd be on our way. Now that she's grown, married, and has children and now I'm a Grandma, we still have time to enjoy such things as going shopping and volunteering at me amphitheater. I began to notice though that I was slowing down. My lower back and neck started giving me aches and pains. I didn't want to go as much, couldn't stand very long. My legs and lower back just killed me. "Come on Mom, let's go," called my daughter. As I'd get into the car she'd hear "ooo—ahhh—grunt." It began to be the same each time I'd get in or out, and as standing or walking was so miserable, in due time I had to even stop volunteering at the amphitheater. My daughter was doing my shopping for me.

It became obvious that I had to do something about the situation so the Doctor recommended me for MRI'S for both the lower back and neck. The reports indicated the problems, and I had a choice of either surgery or trying shots first. Guess what—I voted for the shots first! Perhaps 20 years ago I may not have had that opportunity. I may have been in a wheelchair. But today, because of the precise way to deliver medications into the spinal chord I am able to continue my daily tasks and enjoy many more things, such as my GREAT Grandchildren! "Come on Mom, let's go," so now instead of moaning and groaning every time I move, I'm feeling great! I can't get depressed—I have so much loving family around and many things of interest that keep me busy; one of which is the Red Hatter's Association, which celebrated its' ten year anniversary on April 25, 2008 and to which I contribute by writing poetry. I've also joined the Senior Center where I have met new friends, and am now learning to play Harmonica. There is also available at the Senior Center any number of things one might be interested in, from managing finances to computer lessons, exercise classes or even travel. I think it was a wonderful thing that in 1963 President John F. Kennedy appointed the month of May in which to celebrate Senior Citizens.

My family seems to celebrate it year 'round!

"Come on Mom, let's go!"