

# **Aging Gracefully in 21st Century**

## **The Reality of Aging**

By: Emerita Davis

Funny how aging changes my outlook on life. It is a defining moment to feel the toll of time. Aging is a part of life and I have to accept the fact that I cannot change that. I no longer care so much about getting ahead. But to be where I am now is an accomplishment. I cannot stop the hands of time. Just like the clock on the wall, I have to continue to move forward. Life's challenges had molded me to what I become. I am proud of where I am now.

The reality of aging has brought a lot of challenges in my life. The things that I used to do when I was young are not that much of a possibility anymore. Being a woman who loved to be on the go, I wanted to keep on going, even when the going is tough. I realized that aches and pains go with aging, but I don't want that to be a burden for me. I have committed to myself that I will do things that will help me physically fit and mentally alert. I have come a long way to be where I am now. I want to enjoy life while I can.

Growing up I was into sports. I played softball, volleyball, track and field. Occasionally, I play tennis with friends. Though I am not into a lot of sports now, I still keep myself active by doing exercises and playing table tennis instead of the regular tennis court. I don't run anymore but I use the treadmill for walking. What a difference it makes for me to feel that rush of blood in my veins once again. To feel young inside. I missed the days when life is like an endless party for me.

Now, everyday of my life is something to look forward to. To see the sun rise in the morning and to feel the wind against my face. I want to savor the breath of life while I can. The hands of time are still ticking and I want every moment in time to be worthwhile. I have come to realize that even though my physical body can't do things as much as I use to, I can do other things that makes life more meaningful. I go to the senior center to socialize, make friends and to meet others who have the same interests and passions like I do. I am teaching art class that helps to develop and to learn more about how to be better at it. It is not so much as being the teacher but doing what I love to do makes me feel alive.

The reality of aging has totally changed my life around. I have to slow down a bit to accomplish things. Time becomes the essence of my life. My defining moment in my life is to accept the fact that aging is a part of life. Life is worth living when I continue to move on. I feel proud of what I have accomplished, of what I am now.