

AGING GRACEFULLY

By: Gene Spencer

The August issue of Simply Seniors pushed me to the limit with the idea of “Aging Gracefully in the 21st Century.”

WOW! What happened to my existing 20th Century continual adjusting-to-daily-living since 1924?

Okay, okay! I'm thinking! I'm pondering!

The referenced article forced me to accept the fact that during the past year and a half of Widowhood I had permitted myself to drift into a simple doldrum, and I certainly earned the crown of a hermit.

Yes! So now I just cannot remove the thoughts from my mind about seriously living gracefully TODAY. Indeed, I must put some absolute direction into my daily “this and that” to remove me from the melancholy social isolation I had been trapped to endure. Therefore, I have been Self-Directed to think that perhaps my melancholy social behavior should change in the direction of Aging Gracefully in the 21st Century.

Here 'tis, then, some of my personal considerations for aging gracefully in the 21st Century
When I wish to remove any depression when rising - - I PUT ON A HAPPY FACE!

I perform the basic body movements, exercises, and SMILE.

I promptly review the current Obits. Complete necessary friendly communications, and encourage associated friends to SMILE.

I find it important to improve my involvement with church and temple SMILIN' folk.

I wish to make more of the special calls and visits that I can make to revive the SMILE in those dear folk who need the friendly contact.

Looks like I have some idle moments? I hope to do this! - - - Use the moments to bring the SMILE to my mind as I attack the mind puzzles and games that seem to show up everywhere.

I am aging gracefully away from the technical electronic matters.

The I Pods, phones, cameras, that even my 6 and 8-year-old Great Grandkids need to carry with them are out of my SMILE of life.