

USING TIME TO HELP OTHERS

By: Kitty Webb

Time is the most constant thing in life. Those twenty four hours a day never stop moving. All living things need food, sleep, work and exercise to keep healthy and happy in living.

This 21st Century is the greatest time in life. Age has slowed down body and mind. All stages of life from infancy to now was always going too fast. Always ran out of time every day, then looked to a new day for more time to enjoy was wonderful.

On November 30, 2001, after my volunteer work at Sunday Anderson Westside Senior Center, I went to LDS Hospital for my fifth radiation treatment. Arriving home and fixing dinner for my honey, husband of nearly sixty years was routine. The trip back to LDS Hospital in an ambulance was wild and fast. Even over the middle divider in the road to get there faster. It was too late. After the funeral I had to continue the radiation or start over for six more full weeks. I completed at that time. I never stopped my volunteer work except to have heart surgery June 3, 2004

With all the activities, great food and wonderful people to be at Sunday Anderson Westside Senior Center, using my time to help others is my philosophy of true happiness for aging gracefully in this 21st Century time.

My children and all their children know this is true for me, using time here to help in making aging happy for all of us.