

AGING GRACEFULLY IN THE 21ST CENTURY

By: Lois H Anderson

I am having a love affair with life and learning in my senior years as I cherish each new day as a gift. Although I am still a “work in progress”, I am not looking for the fountain of youth; however, I believe I have discovered the fountain of aging gracefully by embracing a few simple truths in my daily life.

First, being optimistic, coupled with enthusiasm, is an important component of my approach to life. I learned early that optimistic people are happy people and the kind of people we all like to be around, so I decided to try to be one. It worked for me.

One of my “aha” moments was when I discovered years ago the importance of having a positive attitude. Attitude isn’t everything but it is pretty darn close. One of the greatest things about a positive attitude is the number of people it touches, many times in ways we will never know. I have committed the golden rule to memory; however, it only counts when I commit it to life. There is real joy from performing simple acts of kindness everyday if I do them quickly when the occasion arises.

Continuing to pursue a purpose or a passion in the senior years is so vital. Believe it or not, I love competitive race walking. I’ve competed in the Huntsman Senior Games for a number of years and I proudly have a few medals to prove it. This October, I shall compete again.

As children, the magic words were “Please” and “Thank You”. As seniors, the magic words for us are “gratitude” and “appreciation”. Albert Schweitzer said “sometimes our light within goes out but is blown again into a flame by an encounter with another human being. I want to do that for other. Recognition is a need we all crave and there are no exceptions.

I am proud to be one of today’s seniors. We are living longer. We are more active and aware, keeping abreast of world events, internet and life generally. I believe the best years of life may still be ahead for us. I hope to continue to live with vitality, practice the simple truths in which I believe and enjoy traveling that pathway of “Aging Gracefully in the 21st Century”.