

Aging Gracefully

By: Mary Jo Sanger

I'd like to think of myself as maturing instead of aging or growing old. I wanted to know exactly what the terms meant so I checked out the dictionary, I felt old after my research. Not to be defeated I checked out the terms in the thesaurus. Whew! What a stroke of genius, it lightened me up several years from my thought pattern. Laughing aloud here's what I found:

1. Aging: means several things: The measuring of days - grown-upness —being in the median of life (with still a lot of mileage ahead) -on the wrong side of 40! Someone very young must have written that! I'm also on a downhill slope, for sure, I'm no longer climbing the ladder to get to the top, my strength's isn't zapped nearly as much going down as it was climbing up. Go figure! They've nailed me with all of these terms! I'm all of that and more. This year the government tells me I'm 65 and have come of age, I've been out of school almost 50 years and have forgotten more than I learned — I like to think I'm maturing on the curve- sometimes up and sometimes down but constantly moving all the while. I still love sharing dreams and desires with my honey, I'm thankful I've been given the time to fulfill some of them.

2. Gracefully: The same thesaurus tells me: I'm to be COURTEOUS. That's not too hard to do. I'm more contented and at peace when I'm nice than when I'm snarly. I'm to be RESPECTFUL. Sometimes that's a hard one when the attitude of the day is disrespect. It can rub off on me if I'm not careful, especially if I'm driving and Mr. Indy 500 wants to run me off the road just to get one car length ahead so he can stop in front of me at the next red light. I've learned it doesn't pay to get my knickers in a knot while on the road. Usually I smile and drive the speed limit. (I don't want tickets at my age!) Since the unwritten driving motto is: You're first after me, being gracefully mature I let them jockey to be first. On occasion the speed-ball driver gets a spasm in his hand; it saddens me that he has all that arthritis in all his fingers but one... Poor guy, no wonder he weaves in and out of traffic. RESPECTING others wins in the long run. I want respect, so I'll be sure to spread it liberally. The thesaurus is a treasure trove of words, some I've never heard of, tucked in with gracefully is: PRIMOGENITARY. A noun meaning that we are: ANCIENT and HONORABLE. YESSIREE.... My goal in aging gracefully is to do it with honor until I'm ancient!