

# PERSONAL PHILOSOPHIES OF TODAY'S SENIORS

By: Thelma Patton

In the 21 Century seniors have achieved a status that allows them to take a position of Z Di- L) c importance in society.

With the freedom to do whatever strikes their fancy, seniors are seeing their senior years, or even midlife years, as an opportunity to do something, or anything, that strikes their fancy and go in different directions that were not possible while employed in making a living and raising a family.

Doing their “fancy” doesn’t necessarily mean that they abandon their family image. It may be that it just becomes an opportunity to enlarge the abilities to nurture in many different ways, starting with “at risk” youth, or adults, and moving on to other ages up to seniors. Having experience in family life enables them to relate to many situations where their maturity allows them to serve most successfully. Many become surrogate grandparents to school children.

Other seniors, both men and women accept the opportunity after their family is raised, to branch out in many directions: start a business, counsel others in their expertise, and serve in a third world country. Mentoring youth and adults in detention is very productive and satisfying, plus it gives the one mentored a valuable contact with someone who obviously cares.

Many, during senior years, pursue education to get that degree that was put on hold years ago. Also taking classes in a foreign language puts them in a position to relate to the many who have sought our shores for a better life, or even to go to a foreign country to serve in diverse capacities.

With the current emphasis on retaining health, seniors who remain alert can stay in their homes longer as they join health clubs or set up their own health plan. Many will testify of the benefits. With better health, they are able to understand and serve mature members of the community, even go into politics. Those who have had professional careers are now free to experiment or develop new products that may benefit mankind in new ways, which was not possible while employed.

There’s a whole wide world out there, and who is to say we must serve. This is a time and chance to travel and learn about the world and many are taking advantage of all it has to offer. I feel that seniors are using that special time in their lives to enlarge their capacities and understanding of the world and its peoples - MORE POWER TO THEM!