



## MyView

### *Aging Gracefully....NOT!*

*When I look at myself in the mirror, the image that reflects back to me is not one of a fifty year old with more than a wisp of grey hair, reading glasses and a few laugh lines.*

*You know I used to think that a little grey hair made me look distinguished. Too much of a good thing may no longer be good!* Why is it also that my knees don't feel as agile as they once did?...It's not like I was ever much of a jock who was hard on my body. On the contrary! So explain that to me.

I see photos of other people my age and I think to myself ***“Boy, do they ever look old. Do I look that old?”*** Although, the most unnerving thing is when the news talks about an event, or a D.J. plays a song from say thirty years ago I can remember the event, even most of the words to the song, why is it that I can't remember them for the new songs?

Can you resonate with what I am saying? ***Do you also see a much younger version, winking back at you in the mirror?***

Another sobering thought is that at fifty, you have maybe another twenty years ahead of you which you may want to be employed. Things get harder to do, you slow down, the battery just doesn't recharge the way it used to.

***Now for the real depressing reality*** – various parts of your body start requiring makeovers or tune-ups. Five months ago, I had two laser surgery procedures done on each eye. That's a whole other story unto itself. Now I am having gum surgery to correct my over exuberant way with the toothbrush. Next, who knows, but one thing for certain, is that all of these procedures are expensive and doubtfully will the costs come down as the demand increases.

We are a generation who will not age gracefully. ***On the contrary, we will go down kicking and screaming, fighting every inch of the way.*** We will live longer, have more money to spend on staying and feeling younger, and have the availability of better quality care, activities and nutrition. All it will take is money, and sadly for those who do not have the resources, they will be corralled into facilities that I would describe as a holding pen for those waiting to die. There are choices to be made and options to explore. If you want to know more, contact me on that topic.

One of the pieces of good news is that we will have lots of company, no matter where you are. The second piece of good news is that we each have choice. ***Each of us can chose to live life to the fullest, as if every day was our last, or we can choose to just survive.***

The other great piece of news is that you are only as old as you think you are, and in my case, it's 39 and holding!