Remembering

Now that I’m older, here’s what I’ve discovered: I started out with nothing and I still have most of it. My wild oats have turned into shredded wheat. I finally got my head together; now my body is falling apart. Funny, I don’t remember being absent minded. All reports are in. Life is now officially unfair. If all is not lost, where is it? It’s easier to get older than it is to get wiser. Some days you’re the dog, some days you’re the hydrant. I wish the buck stopped here; I sure could use a few. If God wanted me to touch my toes, he would have put them on my knees. The only difference between a rut and a grave is the depth. These days I spend a lot of time thinking about the hereafter. I go somewhere to get something and then wonder what I’m here after. Source Unknown

Mind Games

Exercise your brain. Brains, like bodies, need exercise to keep fit. If you don’t exercise your brain, it will get flabby and useless. Exercise your brain by reading a lot. Read as much as you can about everything possible. Books exercise your brain, provide inspiration and fill you with information that allows you to make creative connections with ease.

If you can’t think, go for a walk. A change of atmosphere is good for you and gentle exercise helps shake up your brain cells. Listen to music. Brainstorm. If properly carried out brainstorming can help you not only come up with new ideas but it also helps you decide which is best. Always carry a small notebook and a pen or pencil with you. That way, if you are struck by an idea, you can quickly write it down.

If you are stuck for an idea, open a dictionary, randomly select a word and then try to formulate ideas incorporating this word. You’d be surprised how well this works. Talk to clever people. Disagree with people—arguing can be a terrific way to give your brain cells a workout. Arguing about politics or film directors is good for you.

Namaste!
Jane Zoltek, ssj-tosf
Editor

Tidbits

*Arthur Rubinstein was 89 years old when he gave one of the most remarkable recitals in the history of New York’s Carnegie Hall. Due to a serious eye condition, he could not see well enough to read a note of music or to see the piano keys. Relying entirely on his memory, he played better than he had ever played before. Source Unknown

*Grandma Moses (Anna Mary Moses), the primitive painter, farmed in the Shenandoah Valley and New York State until her late 70s. She embroidered on canvas for many years. When she was 78, her fingers became too stiff to manipulate a needle. She then began to paint in oils. Her multi-colored pictures of rural America were exhibited internationally. When she was 100, she illustrated an edition of ‘Twas the Night Before Christmas’ which was published a year after she died. Source Unknown

Happy Valentine’s Day To YOU!

Send a card or tell someone how very much they mean to you by being your friend!
Accept the Age you are today...

Some of us may try to postpone acceptance of our old age as long as possible because being old seems to be so unattractive in our culture that worships athletic and young bodies. True, our society may love its senior members—as long as they don’t look or act old. We begin aging the day we are born. We ask “Aren’t there some preventative measures we can take to have a pleasant old age?”

Any preparation is difficult because our capitalistic culture values productivity. Old people are not seen as contributing but as a drain on resources. Gone are the days when society bestowed respectful dignity on the eldest among them. They are no longer considered walking encyclopedias of knowledge of history. Today we have Google, so who needs old people? Yet our numbers are increasing, and we are living longer and have more needs.

Yet each elderly person is a living snapshot of everyone’s tomorrow! Believe it.

To those of us who are now in our 70’s and 80’s...

Today—Yes, we have lived more than the number of years than the number that lies before us. As we move into the final chapter of life, we realize fully that our life at this time needs to be a genuine expression of what we believe, value and dream of.

We simplify our way of living and reflect more often what it means to die. Of course, thoughts about death lead to the question about what it means to have lived. Today we have an opportunity to accept the demise of religious life as we knew it. We have lived so many of our years within a structure that no longer exists. So...we let go of the past.

Today we are retired. Perhaps we look back at our Ministry and those familiar people and places that tied us to a Ministry we truly loved.

We as a retiree welcome the opportunity to be free of responsibility. As we find that the death of lifelong friends is more frequent. Today we try to cope with impaired health.

Attitude, I believe, plays a significant role in one’s ability to deal with any impairments in health.

Famous Headline Bloopers

*Police begin campaign to run down jaywalkers
*Thief gets nine months in violin case
*Eye drops off shelf
*Miners refuse to work after death
*Stolen painting found by tree
*War dims hope for peace
*Farmer Bill dies in Senate
*Two ships collide, one dies
*Man struck by lightning faces battery charge
*Cold spell linked to dropping temperatures
*Safety experts say bus passengers should be belted
*Two sisters reunited after 18 years in checkout counter
*Red tape holds up bridge
*City residents can drop off trees
*Bank drive-thru blocked by board
*Aging school pillars are replaced by alumni
*Hospital sued by 7 foot doctors
*Include your children when baking cookies
*Plan too close to ground, crash probe told

How about this as a goal? Set a goal to die with laughter and celebration. I don’t want to have just a funeral—I want a “fun-eral.”

*Keeping up the appearance of having all your marbles is hard work, but important!