

## *Joy for the Ages*

Every year I have gotten older, I've realized more and more how obsessed our society is with aging. We worry about all kinds of things associated with the inevitable process. We worry about the practical things like financial security, how we will get around, and remaining independent. We worry about superficial things like cellulite, wrinkles, gray hair, lack of hair, nose hair, and ear hair. We can make ourselves feel terrible about the way we look rather than being thankful that we have another day to live and memories to make. I started thinking about how some people are able to age while staying positive and energetic. I so **want** to be that cute little old lady that is filled with life and who makes others laugh.



While I was having all these thoughts, I happened upon an HBO documentary entitled, "If You're Not in the Obit, Eat Breakfast". Carl Reiner, a 95 year old comedian, actor, writer and director opens the show reading through the obituaries and looking to see if his name is listed, when it is not he says he may as well eat breakfast. Throughout the documentary he interviews and tells the stories of many people 90 years of age and older and how they are living life to the fullest. He tells the story of Ida Keeling who started running at the age of 67 after both her sons were murdered. She was depressed and decided she needed to do something, she is now 101, still running every day and going strong! It's never too late to do something new or adventurous, especially if it makes you feel better about yourself and your situation.

One thing that happy people in their upper 90's seem to have in common is that they have all stayed busy, and not with a list of "I have to's". They are busy with the things that bring them joy. Some do yoga, garden, walk, bake, do crafts, fish....you name it. Whatever brings you joy, make the time to learn it, explore it, and do it!

Another facet of aging happily seems to be having a support group of friends, family and people you can spend time with face to face. We need the company of others, not technology, to bring us happiness. With each day we have the opportunity to renew and deepen our existing friendships and go out into the world to make new ones. Be that person at the coffee shop that chats with their barista, the regulars, and the folks they happen to meet. Find your social niche and niche the heck out of it.

Take some time out today to stop worrying about the unknown, the wrinkles, and the age spots that are out of our control. Help yourself grow older in a way that makes you happy and brings joy to others. Make time for the people and things you love, stay active, engage, and laugh! This month if you're not listed in the obits - seize your day, go out and live, do the things you enjoy, and love the special people in your life!

Peace and Love,  
Stephanie

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