

DISABILITY AGING

WHAT'S THE BEST THING ABOUT AGING? THAT I'VE LIVED TO BE THIS OLD! WHAT'S THE WORST THING ABOUT AGING? THAT I'VE LIVED TO BE THIS OLD! ONE OF THE WORST THINGS IS LOSS OF FUNCTION AND INDEPENDENCE, ESCALATING COST AND ADD-ON PROBLEMS LIKE DIABETES, ARTHRITIS, OSTEOPOROSIS, SHOULDER TORN-UP, LOSS OF HEARING AND MUSCLE WEAKNESS. THEN THERE ARE THE ORDINARY THINGS—BUT NEVER ORDINARY IF YOU'VE GOT THEM—LIKE DENTAL PROBLEMS, WEIGHT GAIN, LOW ENERGY, POOR CIRCULATION, HYPERTENSION AND A NEW FOUND VULNERABILITY TO THE DISEASES OF AN AGING SOCIETY.

I'M TOO YOUNG TO BE OLD! I DON'T FEEL LIKE I BELONG WITH RETIRED PEOPLE, BUT THEY R THE ONLY FOLKS WHO MATCH MY ACTIVITY AND ENERGY LEVEL. I HAD A PRETTY GOOD LIFE UNTIL I GOT POST-POLIO SYNDROME. IT'S TOO BAD MY LIFE IS NEARING ITS END JUST WHEN I GET SMART. I AM MUCH MORE DISABLED NOW THAN I WAS 20 YEARS AGO.

THERE ARE SOME INCREDIBLY BEAUTIFUL THINGS THAT COME WITH AGE, (ROSES FOR ONE). OVER TIME, LIFE SENDS MANY CURVEBALLS YOUR WAY; SOME OF THEM SMACK YOU IN THE HEAD. IF YOU RECEIVE ENOUGH SMACKS UPSIDE THE HEAD, U EITHER DEVELOP A CONCUSSION OR YOU FIGURE OUT HOW TO GET YOUR HEAD AROUND THE FACTS OF YOUR SITUATION, AND IT WORKED FOR ME. WHATEVER HAPPENS TO ME, I GRIEVE OR I ENJOY THOROUGHLY AND THEN I GET ON WITH MY LIFE.

DEPRESSION IS NEVER FAR AWAY, AND OF COURSE THIS CAN BRING ON ANXIETY AND STRESS. I WORRY A LOT, AND FEEL INSECURE PHYSICALLY AND EMOTIONALLY. I HAVE NO PROBLEMS THAT MONEY WOULD NOT CURE. I WORRY ABOUT WHAT WILL BECOME OF ME IF I WERE TO DEVELOP ANY OTHER UNFORESEEN MEDICAL PROBLEMS, BUT I AM MORE AT PEACE WITH MYSELF AND WHO I AM THAN EVER BEFORE. I'M READY TO WALK WITH THE LORD. WE CAN LEARN A LOT FROM OTHERS ABOUT COPING WITH PHYSICAL AND EMOTIONAL PROBLEMS.

YOU ONLY GET ONE LIFE SO LIVE IT, DON'T BE STUBBORN AND TOUGH IT OUT, USE WHATEVER MAKES YOUR LIFE EASIER O.K.A.Y?
GROWING OLD IS MANDATORY; GROWING UP IS OPTIONAL.