

OLD AGE WILL TEACH

NOW IN MY GOLDEN YEARS , I'VE LEARNED THAT YOU CAN'T KNOW HOW TO LIVE UNTIL U KNOW HOW TO GIVE . GROW OLD ALONG WITH ME ! THE BEST IS YET TO BE . OLD AGE , IF YOU'RE LUCKY ENOUGH TO REACH IT , IS A UNIQUE EXPERIENCE IN LIFE . YOU HAVE TO FINE THE KEY TO DEALING WITH OLD AGE . ONE WAY IS TO NOT HESITATE TO LAUGH AT YOURSELF . HUMOR HELPS LONGEVITY .

AS YOU GET OLDER YOU LOSE SO MANY FRIENDS , YOU FEEL LONELY , YOU GET DEPRESSED . I TRULY BELIEVE THAT DEPRESSION IS THE GREATEST OBSTACLE OF OLD AGE . MY DEPRESSION STARTED IN THE LATE EIGHTY'S WAS I FOUND OUT THAT I WAS A VICTIM OF POST-POLIO SYNDROME . I HAD BEEN A SURVIVOR OF POLIO SINCE THE AGE OF TWO , AND THERE I GO GETTING BACK ALL THE SYSTEMS I HAD AS A YOUNG KID .

DEPRESSION IS CAUSED BY THINKING TOO MUCH ABOUT YOURSELF . TRY TO THINK OF OTHERS AND TRY TO HELP THEM . YOU WILL BE AMAZED HOW MUCH THAT WILL HELP LESSON YOUR DEPRESSION . THE SATISFACTION IS PRICELESS ! HELPING OTHERS HAS ITS REWARDS . IT MAKES U FEEL GOOD . AND DON'T BE AFRAID OF DEATH , IT HAPPENS TO EVERYONE .