

## A New Day

“It is too late for making resolutions.”

“What do you mean it’s too late, it’s not too late? It’s not even January 1<sup>st</sup> yet!”

“No! You don’t understand. I’m not talking about a first of the year resolution. I’m talking about my age. I’m too old to be making resolutions, too old to be talking about changing and doing things differently than I now do.”

“Too old? You’re never too old! Getting older isn’t simply about resting and waiting, about allowing the days to become simply about routine. It is about seizing every opportunity to experience new things, to explore doing what there once wasn’t time to do, about seeing the needs of others to which you might attend.”

And so went yet another conversation about the benefits of aging versus the limitations of aging with a resident of Wesley Village where I work! It is one I engage in with some frequency these days. It speaks of an all too common attitude among older adults and those who care for them. It speaks of an attitude that trivializes the aging process, seeing it more from the physical and medical side rather than the spiritual side. The attitude allows and encourages a person to think life’s possibilities are behind them – which is not a factual statement. The result of the conversation was a personal resolution -perhaps the only one I’ll make for the New Year. It is an easy one to keep, which is why I probably made it. In fact this article is one way of keeping it! I resolved to remind myself, and everyone I know, that age is never a reason to stop exploring and enjoying the twists and turns of life, never a time to simply sit and wait. It may be a time of limitations, of growing frailty, and other such bothersome facts of life, but it is also a time rife with possibilities. To that end I listed some of those possibilities that are always there for me – and for YOU!

1. Every day of my life there is someone who needs to know someone cares for them. I can always be that person for someone.
2. Each new day is another day for me to decide how I will respond to the events and facts of my life. Will I complain and worry, or will I make the best of them? I can always be the person with a great attitude. It will help me navigate the day, and it might just inspire someone else to change her attitude.
3. With each new morning there comes the possibility of making a phone call, writing a note, or knocking on a door. Someone in my life will always appreciate one or more of these. Only a lack of will stops me from being the person to do these things.
3. No matter what my situation, someone else would benefit from seeing me cope creatively and constructively with it. I can choose to see purpose in my situation and learn to appreciate what good I can do because of it. I can do that!

Happy New Year and may your resolutions bring you joy and fulfillment.

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