

Will Power

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THE SILVER LINING ON YOUR GOLDEN YEARS

Q: Why is “old” a negative?

A: Aging, like time, keeps moving forward. While the movement of time is a neutral concept, humans assign value to it based on cultural beliefs and world-view. In many cultures, elders are revered and respected. Examples include Greece (where “Old Man” is a compliment), Korea (where passage into old age is celebrated at 70th birthdays) and Native Americans (elders possess the answers by virtue of their wisdom). Many cultures, however, seem focused on youth and newness, where years strip away value from people, things and ideas.

Turning our cultural norms on their heads is sometimes a good thing. In social work, we call it re-framing. The body ages, true. We lose muscle mass and skin gets looser. Instead of seeing those as hard-earned battle scars of life, we tend to see aged appearance and function as a weakness. But, as we have written in these pages many times, keeping physically active can be achieved despite illness and frailty. What a victory against gravity!

If you have lived for six or seven decades, congratulate yourself on your successful adaptation to changing times. You have jumped many hurdles, the first of which is surviving a world of accidents and viruses. Think of yourself as a victory against the clock!

Think of everything you have learned and that you know. Maybe you don't

remember something from your past or from yesterday. The brain has only so many slots in which to keep information. Yours are clearly full- you are a living history book!

Sort through your mental rolodex of all the people you have met and have known. They may not be in your life now, but they carried you through a certain time or experience. Celebrate all the conversations you have had, the friendly greetings and cordial handshakes. Reflect on how your good manners have provided you with a lifetime of relationships. A victory against loneliness!

Have you voted? Volunteered? Made someone laugh? Seen a great film, appreciated art, cooked a meal, raised a child or grandchild? A victory against boredom!

All these victories add up. If you've made it this far, congratulations! You've won!

Sources:

7 Cultures That Celebrate Aging and Respect Their Elders
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JOKE OF THE MONTH

*“Why did Humpty Dumpty have a great fall?
Because he had a lousy summer.”*

WILL CALL

*Do you or someone you know
need our assistance? Call toll-free
(888) 994-3863 or wrpioneers.org*





REINVENT YOURSELF- IF YOU DON'T LIKE SOMETHING CHANGE IT!

It's never too late to reinvent yourself. "Even at 60...people can resolve to make themselves more the people they would like to become," according to Ravenna Helson, professor of psychology at the University of California, Berkeley, director of the Mills Study of 120 women over 60 who made positive changes in their lives.

Why not you? Why not now? Why not do something you'd like to do, or become someone you'd like to be?

There are numerous self-help books about reinventing oneself, whether it's leaving a corporate job to become a backpacker, or quitting medicine to open a cheese shop. All changes don't have to be grandiose or involve a career change. Perhaps you want to be a musician, poet or great cook, but you never had the time or opportunity. Maybe you talked yourself out of it all these years. Maybe today's the day to pursue that dream of reinventing yourself as the person you'd envisioned long ago. Here are some steps to getting started on a new, re-invented you:

Step 1: A thorough self-appraisal. Measure your transition against where you are today. Examine your strengths and weaknesses. Be honest. This is the point where many people turn back because those internal messages, self-image and beliefs are deep in our brains. Push through.

Step 2: Talk to someone you trust about your goal, your dream, and your plan. Need someone to talk to? We volunteer! Call us today.

Step 3: Be patient. Rome wasn't rebuilt in a day and neither will you. You may have to take two steps forward and one back. A piece of your plan might fall through and it'll take a while to develop a new one. Not to worry. Reinvention is process. Enjoy your process.

Step 4: To stay positive and motivated, seek ways to track your accomplishments as you go. Studies have shown that if you write down a goal, you're more likely to achieve it.

Call the social workers at our office 888-994-3863 ext. 2333 and share your accomplishments with us! Write your goal in an email and send it to us: info@wrmail.org

We are here for you.

Sources:

Reinvent Yourself by Rebecca Webber, published in Psychology Today Online

<https://www.psychologytoday.com/articles/201405/reinvent-yourself>

Reinventing Yourself by Jane E. Brody in New York Times blog, March 14, 2016, available at

<http://well.blogs.nytimes.com/2016/03/14/reinventing-yourself/>

“ QUOTE OF THE MONTH

I propose a Father's Day. No flowers, no fuss- just let him use the car himself and go where he wants to. But we will never live to see such a contented day.

- Will Rogers

