

GETTING OLD(ER)

By Donna Deos



If you need someone to truly listen and to help call Donna!

Donna Deos, LLC ∞ Counseling, Coaching & Education

603-224-4178

www.donnadeos.com

1-855-772-2622

Happy February, friends! Typically, in February I tend to talk about love – for obvious reasons like Valentine’s Day and such. This year, I am not doing that. Instead I would like to talk about aging. I know, “On Aging” and we are going to talk about aging?!

Well, some of us age well, some of us do not. Some of us don’t seem to age or grow up at all and some of us were born adults – or so it seems. There are all variations in the middle as well. As time goes by we all are reminded that time is going by. It gets faster every year too. I know you know what I mean.

Aging gracefully is something that happens sometimes and at other times life and reality catch up with us and we are not always so graceful. Sometimes we downright lose our ability to cope with and face the reality that we are all getting older each and every day.

Getting older doesn’t have to be depressing or sad or even painful. Oh, here it comes – that positive side to things... Well, yes, as with everything attitude helps and it matters. In my line of work, I have spent time with people of all ages. The oldest was 107! Boy was he magnificent. He couldn’t hear well, or even see well, but he was still kind, and smart and interesting and up and moving around! Yes, he walked with only a cane at 107!

I have seen people my own age who don’t really fit any of those virtues that he had. See, age really isn’t the culprit here. It is how we look at life and aging that matters. If you believe that getting old is horrible then it likely will be for you. If you believe that if you use it, you won’t lose it, you likely won’t lose it.

“Use it or lose it” is frequently said in elder communities. It refers to using your body, your mind and your spirit. If you use them, you keep them strong. Now, using them too harshly could be a deterrent. Especially in the realm of the body. The people who work or play or exercise too hard tend to end up with negative consequences to those actions.

When I asked my 107-year-old friend what was the secret to life, he said “everything in moderation!” This was at a cocktail social where he had a small cocktail in hand and was heading with his cigar to the veranda to enjoy it. Now, I am not advocating drinking or smoking here, but I am advocating that to make the most of however long you have here – do things that bring you joy! Do them in moderation versus excess – but make a point to do them. If going to the art gallery makes you happy and your friends or family don’t enjoy it to the same extent you do – go anyway! You will meet other people there who share your passion.

I think you get my point.

One more thing, if we look at aging as a success and a thing to be proud of, it becomes that. If you dread it, you lose the joy you could be having. Please do not dread aging. Please embrace it and celebrate. The older we get, the more we know, the more we have seen, and the more we have experienced. We just keep getting better and better – like a fine wine. The older we get, the more there is to enjoy about us.

All my best, Donna



Donna Deos, LLC



Allied Insurance Agency Inc.

Your protection is our profession.

HOME - AUTO - MOTORCYCLE - BOAT - RV - LIFE - BUSINESS



Visit us on
Facebook

500 South St Bow, NH

603-224-5394

alliedia.com

BOW HIGH SCHOOL GOES INTERNATIONAL

The Atlantic island country of Cape Verde is 10 islands with a population of a half million people. Also known as the Republic of Cabo Verde, the Portuguese speaking islands were visited by Governor Chris Sununu in early February as part of a State Partnership Program.

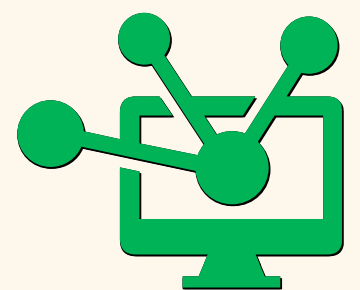
In a Zoom call on February 4 about 20 Bow High students joined students from the Pedro Gomes High School as they discussed the radically different weather in the two countries.

On the Zoom call, the New Hampshire students had many questions for the Cabo Verdean students, about their favorite classes, what they do for fun and the about geography of the island country. One Pedro Gomes student representative stepped up to the microphone and answered most of the questions, though others called out answers from the audience.

The partnership between Pedro Gomes and Bow High is being coordinated by teachers Derek DeAngelis, Colony Barrett and Heather Rosenbleeth, of Bow. DeAngelis said his goal is to open students’ eyes to what teenagers’ lives and education are like around the world.

At the event’s end, Governor Sununu presented a gift of Bow High School soccer jerseys to the Pedro Gomes students.

**READ
THE BOW TIMES
ONLINE!**



Read all editions of
The Bow Times online at
www.thebowtimes.com

You may also read or print
individual articles under
the following icons:

Travel Talk • Elder Law

Aging • Dental Care

Financial Planning