

10 Things about Getting Older

Monday's *Perspective* shared some of the wisdom of cowboy humorist Will Rogers, who was born in the Cherokee Nation in 1879 and died in a plane crash in Alaska in 1935 with aviator Wiley Post.

Vaudeville performer, newspaper columnist, social commentator and stage and motion-picture actor, Rogers was the leading political wit of his time and adored by the American people.



Since we are all getting older (no matter what your age), here is a list of 10 things Rogers said we should know; you will appreciate them if you have a sense of humor:

1. Eventually you will reach a point when you stop lying about your age and start bragging about it.
2. The older we get, the fewer things seem worth waiting in line for.
3. Some people try to turn back their odometers. Not me! I want people to know why I look this way. I've traveled a long way, and some of the roads were not paved.
4. When you are dissatisfied and would like to go back to youth, think of algebra.
5. You know you are getting old when everything either dries up or leaks.
6. I don't know how I got over the hill without getting to the top.
7. One of the many things no one tells you about aging is that it's such a nice change from being young.
8. One must wait until evening to see how splendid the day has been.
9. Being young is beautiful, but being old is comfortable.
10. Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Today, it's called golf.

And finally, here is a bonus: If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

There is much to be learned from Will Rogers. One certainty – for all of us in Life Care and Century Park – is to find opportunities to laugh and have fun with our residents and with each other. To do so lightens the burden of great responsibility with which we are charged.

He will yet fill your mouth with laughing, and your lips with rejoicing (Job 8:21 NKJV).

– Beecher Hunter