

# Deposit Happiness

Do you look at each day as a blessing, or do you allow challenges and adversity to wear you down? The way we look at life governs our joy.

Paul Zani, vice president of Life Care's Blue Ridge Region, recently sent me a story illustrating this truth. Its author is unknown, but its message is strong.

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by 8 o'clock – with his hair fashionably combed and shaved perfectly, even though legally blind – moved to a nursing home. His wife of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready. As he maneuvered his walker to the elevator, the staff member accompanying him provided a visual description of his tiny room, up to and including sheets that had been hung on his window. "I love it," he stated with the enthusiasm of an 8-year-old having just been presented with a new puppy.

"Mr. Jones," the staff member said, "you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged; it's how I arrange it in my mind. I have already decided to love it. It's a decision I make every morning when I wake up. I have a choice. I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

"Each day is a gift," he continued. "Some days those gifts might be of the socks and underwear variety, but they are all still gifts nonetheless. As long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life, old age is like a bank account. You withdraw from it what you've put in. So, my advice to you would be to deposit a lot of happiness in your bank account of memories!"

The old man shared the wisdom of his years. His advice is my prayer for you today.

– Beecher Hunter