

Tips for Long Life

Life Care, Century Park and Life Care at Home have a wonderful and noble mission, caring for senior citizens. Each of our residents is a treasure chest of wisdom and life experiences that bring humor, insight and practical advice to those who choose to listen.

Edward T. Creagan, M.D., editor-in-chief of the Mayo Clinic, says that over the years, he has seen countless patients age 55 to 65 grow old before their time. “But I’ve seen as many age 75, 85 and up who are full of life and laughter.” He gave some examples:

- Astronaut John Glenn returned to space at age 77.
- Frank Lloyd Wright was still working at age 91.
- Ronald Reagan was elected to his second term at age 73.
- Georgia O’Keefe kept painting well into her 90s.
- Irma Rombauer wrote *Joy of Cooking* at age 60.
- Mary Fasano graduated from Harvard University at age 89.
- Dr. William Worrall Mayo founded Mayo Clinic at age 70.

What makes the difference among such people? Why do some stay young and vibrant despite their “true” age? Dr. Creagan and about two dozen of his Mayo Clinic colleagues have written a book, *The Mayo Clinic Plan for Healthy Aging*, that he describes as providing the motivation, the energy and the specific knowledge to enjoy a future that is fulfilling, invigorating and healthy. It has some “secrets” to remaining active, energetic and disease-free, including:

- Age is not a number, it’s an attitude. Don’t count birthdays, just think young.
- Have someone to love, something to do, something to look forward to.
- An older person with high cardiovascular fitness is healthier than a younger person who is physically inactive. By increasing your fitness level, you can actually roll back your biological clock.
- Keep your senses razor-sharp at any age. The book has practical tips for keen eyesight, hearing, taste and smell.
- Eating right does more than help you lose extra pounds. It promotes strong bones and muscles, beautiful hair and skin, even a good night’s sleep.
- Trade your remote for a pair of walking shoes and cut your risk for heart attack, diabetes, osteoporosis, high blood pressure, high cholesterol, colon cancer and more.



In Life Care, Century Park and Life Care at Home, we focus on health care for others. But it is vitally important for us to maintain our good health – for our own sake, but also for our families and for the people we serve. We should stay at the top of our game.