

Young or Old at Any Age

Our three companies, Life Care, Century Park and Life Care at Home, serve an aging population – folks who one doctor described as being in the “red zone,” a football term indicating a position at or inside the 20-yard line heading into the end zone.

And as the pages of the calendar turn, and the months fly by at what seems to be warp speed, that fourth quarter of life draws more and more attention.

Wikipedia defines aging as “the accumulation of changes in a person over time. Aging in humans refers to a multidimensional process of physical, psychological and social change.”

Age, of course, is measured chronologically, and a person’s birthday is often an important event. We should celebrate, therefore, that special day in the lives of family members or friends.

The encyclopedia adds that distinctions may be made between *universal aging*, or changes that all people share, and *probabilistic aging*, or changes that may happen to some, but not all people, as they grow older, including diseases.

In the profession we have chosen, we know all that.

Recently, I ran across an interesting take on this subject by the Minnesota Medical Association. It makes a lot of sense. Here it is:

Old at Any Age

You may be old at 40 and young at 80, but you are genuinely old at any age if ...

- *You feel old.*
- *You feel you have learned all there is to learn.*
- *You find yourself saying, “I’m too old to do that.”*
- *You feel tomorrow holds no promise.*
- *You take no interest in the activities of youth.*
- *You would rather talk than listen.*
- *You long for the “good old days,” feeling they were the best.*

Any of those descriptions fit you?

If so, a change of attitude is in order.

The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding. For by Me your days will be multiplied, and years of life will be added to you (Proverbs 9:10-11).

– Beecher Hunter