

## ACTIVE AGING – THE TURNERS’ WAY

Growing up we have parents, siblings, teachers and peers – all showing us the way. We learn how to walk, talk and think. Growing old – we’re on our own; no one is there to show us how to age. We lose a step, forget a word and even stop learning. These articles will neither stop nor reverse aging, but will provide some thoughts and suggestions to help us grow into aging with the best information at hand.



For today – ***have a great attitude.***

A baby mosquito went for his (or hers) first solo flight. Back with the parents, the momma mosquito asked, “how did it go?” The baby mosquito answered, “It was wonderful. Everyone was clapping for me.” Now that’s attitude.

As we age we tend to reflect. Too often we dwell on the negative or on things we should have done or might have done differently. Instead, get your attitude up. Enjoy today and look forward to tomorrow. As long as we’ve got an attitude, we’re actively aging.

Attitude keeps us positive. Staying positive in spite of whatever ails us certainly reflects a *Sound Mind*. Attitude might even help your posture which may improve the *Sound Body*. (You are keeping good posture while sitting aren’t you?) It certainly will make you someone others wish to be around.

So, for today, pretend you’re that baby mosquito. Attitude is everything and everyone’s clapping for you.

With thanks to Mary Jane Bull, a Turner with an attitude.

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