

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 – ***embrace change***

As we age we see the world around us changing. Technology becomes an enemy instead of advancement. Life seems more complicated than easier. We say things now that we hated to hear from our grandparents. “When I was a kid we...” or “I had to walk to...” We complain about the way in which the young embrace life instead of embracing it ourselves. Face it, we become our grandparents. We also forget that “we” caused the very technology we cannot embrace to come into existence. A 12 year old did not invent the phone he or she is so fond of – we did.

Do those around us see us change? They do and they get turned off by negativism just as we did not so many years ago. Everyone changes every day. You are not the same as you were last year or even yesterday. Memories are important as they tell us where we started. They shouldn’t dictate where we end. So even if you can’t fully embrace an iPhone or an Android*, give it a hug – you might like it.

**not a robot made in the image of a human, but a way of saying any cell phone that uses the same technology as the other guy, but isn’t the other guy. Sort of like jeans are jeans, but not all jeans are Levis.*

As our lives change so does the world around us. So for today, let’s embrace change. We might not be as quick as a 12 year old but we can keep A Sound Mind in a Sound Body.

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