

# Embracing Aging

According to Vincent Giampapa, MD “At a time when men and women increasingly live into their 80s and 90s, **the art of aging requires work, thought, planning and, yes, spontaneity.**

Learning this art is crucial.”

“I don’t think we give enough respect to what it takes to age well — until it happens to you,” says Anne Newman, professor at University of Pittsburgh.

“It’s a balance between fighting it and accepting it that requires a great deal of grace and courage. And humor. Perhaps, humor most of all.”

As we take a practical look at how we CAN embrace aging positively, we discover that we can actually flourish throughout this challenging continuum of life....you know people who do. Maybe you are one of them!

**Let’s face it! Aging brings its challenges! Anticipate the changes that are inevitable.**

No one suddenly becomes old, it is a process. Aging abounds with decisions regarding down-sizing, relocating, health issues and family concerns. We often say final goodbyes to those dearest to us. Although these are part of the tough reality of aging, how we choose to accept and live out each day will make an enormous difference in our overall health and well-being.

**Let’s enjoy it! Aging can be pleasurable and fulfilling!**

Now we have freedom! We are free to choose, to come & go, to travel and to be adventurous with few constraints.



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We have time! We can take the time to enjoy family and friends in ways only open to the imagination. We can invite others into our circle. We can mentor. Let’s savor the benefits of aging.

**Let’s embrace it!**

Stay active. Be grateful and thankful. Be willing to change. Enjoy today. Have fun. Learn new things. Be positive. Don’t sweat the small stuff. Stay young at heart. Get help if needed.

**Embrace the Ageless One!**

The reality is, we live in 2 realms – the physical and the spiritual. The eternal God, the Creator and Sustainer of all things is not just a Force in our world. He is our Maker and planned our existence for this life and the next .... yet He is intimately involved in every aspect of our lives. Our life is lived in His presence and His desire is for us to flourish, regardless of age.

**The Psalmist stated:**

*My health may fail, and my spirit may grow weak,  
but God remains the strength of my heart;  
He is mine forever.*

**Jesus welcomed us to Himself when He invited us to “Come to Me....and I will give you rest”.  
“Never will I leave you, never will I forsake you”.**

**So, where do we see ourselves on this aging continuum? How can we choose to embrace our own aging wisely and gracefully? It is my hope that as we age we will not only flourish, but we will be a positive example and influence to both those around us and the generation following.**