

## Time and the Art of Aging Gracefully

By Dennis Knight

Am I an elder yet? I suppose so. After all, I am in my late sixties, not exactly a whippersnapper in the cycle of life.

In the office, I am certainly an elder, but with a twist. I am the old dog teaching the new tricks. As the technology leader and a paralegal for one of Colorado's largest family law firms, it's my job to keep up with developments in the law as well to lead the firm in applying the latest in technology, even innovating new ways to take advantage of these advances. Does this mean I am aging gracefully? I hope so.

Away from the office and in one of my concurrent lives as a member of the Windsor Gardens Writers Group, I am in fact one of the young whippersnappers. There are a few of us in the group who were born during or after the Second World War, but we share the panel with authors who were children in the Depression, fought the battles of war, and indeed were of the Greatest Generation.

I don't have to look hard here for models. I will not call you out by name, but to all of you in this room, to all of you who are actively writing now, and to every one of you who have been part of the Windsor Gardens Writers Group for the last fifty years, I will say, you are my inspirations in the art of aging gracefully.

You are, all of you, life-long learners. You are able to laugh at the absurdity of living, yet you honor life by staying engaged with it.

Time can rob us of our health, it can separate us from our faculties, and it can away take our loved ones. It will someday take our own mortality.

Time can also show us the beauty of a new day, the love of a new life, and give us hope for the lives of those who we will leave behind. It exposes the fallacy of living in the past, brings us the wisdom that is the sum of our experience, and teaches us the value of living optimistically.

How to practice the art of aging gracefully, my friends? I believe I have found it. Keep on living, and keep on writing.