

## The Art of Aging

*by Vera Blaine*

Information on how to age gracefully is abundant but, in my opinion, aging is an individual matter. Each person ages in his or her own way. First of all, I'm not sure just exactly what aging gracefully means. I associate the word "graceful" with movement. My dictionary says: "pleasing or attractive in line, proportion or movement". I find it hard to think of being graceful as I age, but will assume that common usage of the word has given it a very general meaning when thinking of getting old. A person should deal with growing old by gradually adjusting to the "Golden Years" without fighting the fact that there are many changes in your life, and without denying the fact that you are no longer young.

No one has ever said that growing old is easy. It always helps if you are able to maintain good health and if you are able to live in modest comfort without worrying about finances. Today the advances in health care are helpful, but older people are prone to chronic illnesses and disabling ailments much more than in the earlier years. There is no cure for old age. There are no medications or magic formulas for prevention.

If I were to judge others who aged gracefully, I would chose several comedians who were popular in radio and TV in the past, Bob Hope, Sid Caesar, Carol Burnett, Jack Benny and Throughout their lifetimes they shared their humor and their ability to bring laughter to millions.

After all my birthdays, I'm not sure that I have aged gracefully. I never thought much about it except I was always grateful for the chance to have lived a long life. So, instead of aging gracefully, I think I aged gratefully.