

LOG OUT



BROOKLYN_BORN

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I Can't Turn Back Time but maybe I can slow it down a little.

Wednesday, September 19, 2012

Once I proudly pulled my new driver's license out of my wallet.
Once I wore an ID around my neck to advise building security that I belonged there.
Now I carry a Medicare Card.

It all went by so fast. I never thought about what I was eating. I was grateful to corporate America for their prepackaged foods and the fast food restaurants available on every corner. With a husband, 3 kids, a zillion activities, my workouts and a demanding job, it simplified getting food on the table. Compared to the rest of America I looked pretty good, probably because I was always active.

Suddenly, I notice that the Obituaries include a lot of people from MY decade.
Suddenly, I observe that residents in the nursing home I visit with my church group are not that much older than me.

Once time stretched out before me like an endless superhighway and I was pushing the speed limit. Now, I'm meandering down a narrower country road. I don't want to be one of the wrecks broken down on the shoulder, so I better take care of this engine and all its parts.

Wherever you are on the road of life, take care of yourself. Do it now for a longer, happier road ahead.

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MNNICE

Healthy eating and exercise definitely will help slow it down. Sometimes it's downright scary knowing that too soon we'll be facing the difficulties of aging, so we focus on enjoying the simple pleasures of life as often as we can for as long as we can. I'm sure you remember the old Lady Clairol advertisement, which is my motto: "I'm not getting older, I'm getting BETTER!"
3173 days ago



SUZMOBILE

Aw, c'mon! Surely you can't be in the Medicare generation too?
3173 days ago



MJZHERE

This is a great blog! Dh and I dusted off our Harleys because we found that country road we've





been wanting to explore. Have you ever noticed, there is something special about those roads - ours is quiet, beautiful scenery, few cars to run you off the road, and the best part is we can still enjoy it. Lots of time on the road for those thoughts you could never ponder before. There is something to be said about wisdom. There's a lot to see, a lot to learn when we slow down, just have to be healthy enough to enjoy it.
3190 days ago



CD12890130



make the most of every day and every opportunity
3190 days ago



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