

## AGEING POSITIVELY

Every birthday I celebrate is a good one. Why not? It means that I have survived the trials and tribulations of another year. It also signifies that I have enjoyed my family and friends for more birthdays, family reunions, visits. What's so bad about that?

So, hearing aids, my cane Betsy, some grey hair, glasses are now essential items in my life – no big deal! I am short, in fact now even an inch shorter than I used to be. Fashion tells me that I should be wearing shoes to make me taller, like four inch stilettos maybe? I'll tell you a secret – even when I was much younger I never wore such high heels. Not comfortable and highly impractical in my profession as a teacher. Comfort, now that is the word that describes not only the shoes I wear now but my clothing as well. Being comfortable is of the utmost importance to me in these senior years. This old gal doesn't worry herself about fashion but much more about being relaxed in every way. That's what counts! That's what's important!

Many things which I used to worry about are no longer a cause for concern. What a relief that is! Long hair, short hair are just phases that will pass. Same with ripped jeans, crazy hair colours or styles – just spell current trends and as anyone in my age group can testify – we've seen it all or most of it anyway.

Since all three of my daughters have left the nest I no longer need to lie awake until they come home. That was exhausting! Some of my grandkids are teenagers already and I let their parents deal with that.

When we were expecting company I drove my husband and kids around the bend – don't touch those clean towels in the bathroom, make your bed, tidy up your room, don't ask for anything to eat before they come.....on and on. It got to the point where my husband said, "I don't want you to invite anyone here anymore, it's too stressful."

I'm so much more relaxed about that. We like to read several newspapers in the morning with our second cup of coffee. If someone happens to drop in no concerns about the papers lying around. This is us now. Maybe I'll still be in my pyjamas when someone arrives at our doorstep, no embarrassment on my part. Occasionally a neighbour drops by in her night garb for tea – and

we enjoy our time together to chat. No time limits on either one of us so we can visit to our hearts' content– or until we run out of things to talk about which seldom happens.

I feel fortunate to be getting older every day. I'm not ready for the alternative. Are you?

I don't want to discount good genes. The Fex Family have enjoyed amazingly long lifespans. Of course I don't have Fex blood coursing through my veins as my daughters do. So I enjoy the many blessings that I do have in my old age. I enjoy waking up every morning, " on this side of the grass" as my brother says. He's right!



Under the sun umbrella at my niece's wedding



Enjoying a glass of wine