

SUGGESTION #1

NO SUDDEN MOVES

As I get older and older, pushing on inexorably towards death, I often ask myself:
“What’s the rush?”

Stop splitting the seconds.

You may, in fact, have to turn your head quickly or run to get something from time to time, but you probably don’t have to do it lightning fast.

The hare portion of your life is over.

Better the tortoise: slow but steady stays alive.

Sudden moves bring aches, pains, wounds.

You don’t want these things.

It rarely hurts to pause and reflect on the finer things in life, like not getting injured.

No quick intakes of breath.

No quick swallowing.

Remember you’ve got all the time in the world now and all too soon you won’t have any so take your time while you still can.

Also taking your time is a good way to prevent getting sliced and diced by the rough edges of this world.

In the movie “Out of the Past” the Robert Mitchum character watches the Jane Greer character carelessly shove all her chips onto the roulette table.

He says to her: “That’s no way to win.”

She asks: “Is there a way to win?”

He says: “There’s a way to lose more slowly.”

And there you have it.

No sudden moves.

SUGGESTION #2

DON'T FALL DOWN

Sit down mindfully.

Lie down mindfully.

Don't fall down at all.

We don't all survive a fall, but if we do, we're rarely the better for it.

Make plans, devise strategies, figure out how not to fall down.

Young people virtually bounce; we don't.

When we were younger falling down wasn't such a big deal.

Now it is.

Don't fall down.

SUGGESTION #3

SENSE OF HUMOR

Few things help as much.

Memory is a thing of the past.

I remember memory.

In fact, my memory isn't as good as it used to be and it used to be terrible.

Not always and it's a matter of degree, but we do tend to forget this and that now and then as time goes on.

When I was younger I could remember anything, whether it had happened or not; but my faculties are decaying now and soon I shall be so I cannot remember any but the things that never happened. It is sad to go to pieces like this but we all have to do it. Mark Twain

As far as exercise goes, we older people have to do more and more to achieve less and less.

So I do more and more, which would be almost impossible without a sense of humor.

I was walking down the street the other day, trying to stand up straight so I wouldn't get so bent over in the years to come since I'm 70 which, let's face it, is early old age.

I said to myself: "You know, walking down the street used to be a whole lot easier."

Then I started laughing at myself, not too much, but enough for a little bit of enjoyment under the circumstances.

Getting old ain't for sissies. Bette Davis

Actually she said “Old age ain’t no place for sissies.”

In any case, I don’t agree.

Pain is nature’s way of telling you that something is wrong.

Being a sissy allows all my many movable parts to remain under my own exquisite supervision.

Maurice Sendak’s response to being asked “How are you?”: “I’m 84 years old. Death is looming.”

There is life after death it’s just that the dead people don’t go on living it any more.

Or maybe I’m wrong.

What do I know?

But I’m pretty sure having a sense of humor about the whole thing diminishes the intensity of the dread.

They say there are no atheists in foxholes.

Well old age is a foxhole.

Pollyanna’s got nothing on me; when I experience the various aches and pains of aging I say to myself: “Evidence that I’m still alive.”

So I laugh at the little aches and pains; the big ones, on the other hand, I don’t always find funny.

Remember: every single painting that was ever painted was painted by someone who was alive at the time.

So keep holding together the falling apart.

Sense of humor.