

Senior Style January 2010

AGE IS ONLY A NUMBER

Hello again! With the arrival of this New Year, 2010 sounds kind of scary... Recently I overheard someone counting the years he had left until he would be 100...! Age IS only a number. Life is what we make of it and you become "better" at everything with age! We have to take the emphasis off of the number and focus on the lifestyle. I love to see mature couples exercising together, having dinner with a glass of wine, enjoying life with friends and loved ones.

How do we keep our thoughts positive with aging on our mind? The mind is powerful and your environment affects how you think. Evaluate your surroundings and change the things that make you feel bad. Have a cheerful home with bright colors, live plants, natural sunlight – study organic foods and natural healing – change your lifestyle to include more physical activity – surround yourself with people who make you feel good – wear your hair and

make up to compliment your beauty – dress for fun, not as a task – enjoy your own company and create a new hobby.

Many are suffering with health issues and dealing with doctors appointments on a daily basis. My heart goes out to you! Many women are now caring for their husbands and feel tired, worried and simply exhausted. Find a friend or another person with a similar situation and become support buddies. Everyone needs a helping hand. Do not try to do everything on your own, asking for help is wise. Take time for yourself and seek the word to keep you strong.

I have observed, as men age, they tend to feel themselves as less important. In reality their call on life as the strong family protector, the provider, the knight in shining armor, and the hero will never cease as God has given him that position. What ever the situation may be, stay strong in prayer, surround yourself with positivity, and spend quality time together. Some things you can do to take your mind off of the situation is to continue to live your life and be active.

Children, be there for your parents, they need us and

need to feel loved!
If I may assist your family in any way, feel free to send me a message.

Happy New Year
Your Friend,



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