

Aging With Grace

1. The medical perspective: how to care for your mind and body as you age
 - a. Avoid multitasking
 - b. Utilize lists and calendars
 - c. Prioritize social connection and community
 - d. Read daily
 - e. Play: games, brain teasers, laughter
 - f. Move: age and joint appropriate exercises, balance, strength and gait training
 - g. Eat real food, mostly plants, not too much. Follow the 80/20 Rule.
2. The Deeper Question: What does it mean to age?
3. What is grace? "Surprise!"
4. What is the alternative to *Aging with Grace*?
 - a. Aging in Despair
 - b. Aging with Fear
 - c. Aging with Anger and Frustration
 - d. Aging in Loneliness
5. We need an Anchor. His name is Jesus.
 - a. "memento nativatis" remember birth
 - i. At the moment of conception, God breathed His life into you.
 - ii. God sustains your being.
 - iii. God is your beginning and your end. Your constant companion.
 - iv. Your life is Gift. "Good morning Holy Spirit, Good morning my Life, Thank you, Lord Jesus for the Gift of my Life."
 - b. "memento mori" remember death
 - c. "Dies natalis" Death is birth unto eternal Life
 - i. **"Acceptance is the answer to all my problems today" is a phrase that describes a powerful way to overcome challenges. It's a key concept in 12-step programs and Alcoholics Anonymous.**
 - ii. **Acceptance involves:**
 1. **Acknowledging reality:** Accepting the situation as it is, without trying to change or control it
 2. **Understanding what can and can't be changed:** Focusing on what can be changed, and minimizing wasted energy on what can't
 3. **Finding peace:** Reducing emotional distress and finding inner peace
 4. **Changing perspective:** Neutralizing tough situations and finding positive outcomes
 5. **Being the foundation for growth:** Acceptance is not about passive resignation, but rather a foundation for growth and change
 6. **For example, if someone loses their job, acceptance involves acknowledging the situation, understanding its implications, and then focusing on the next steps.**
 - d. Jesus is our beginning and our end. He is Hope.
 - i. Pain and suffering have come into your life. But remember pain, sorrow, and suffering are but the kiss of Jesus. A sign, that you have come so close to him that he can kiss you. Mother Teresa
 - ii. Holy Mary, pray for us *now* and *at the hour of our death*.
 - iii. Everything can be taken from a man but one thing: the last of human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. Victor Frankl, *Man's Search for Meaning*
6. "Acceptance is the key to all of my problems."
7. Stay tethered to your Anchor. Acknowledge your Anchor.
8. Commit to the fight! This is not a war against the clock. It is a war against negativity, sorrow and despair.