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SBA NEWSLETTER SUMMER 2022

As the essential vitamin D weather warms up, the talk around the BBQ has turned to cricket and world-cup socceros. It's also the time of year season for al-fresco dining with some aeroguard for the mozzies, eating too much and spending too much. Vaccines have assisted us to cope with our COVID-19 virus so far. Don't forget the sunscreen. Hello Santa!

Can We Age Gracefully?

It is a common complaint that life seems to speed up as we get older. The pace of life is faster than ever. Days that seemed to last forever when we were young now feel like we blink and another week is over. Once we spent countless hours looking up at the clouds or the stars in the sky. We now tend to spend more time looking down at computer screens on our smart devices.

I'm not sure why I seem to be so busy these days. Perhaps it is because I'm just slowing down and it's seeming longer to get the simplest things done. We have all this technology to make life easier, yet there's no invention to slow down time. Ferris Bueller said, "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it." What can we do to create more satisfaction in our days and be more thankful for life itself? Trying something that you have never done before could be one key to ageing well.

From a wide range of your interests, why not try ballroom dancing or some different sports? We remember learning some skills and activities when we were young that were to stimulate the health of our brains. Wisdom makes the best of situations. To become more involved in life, young people may often have used their term called FOMA which stands for (Fear Of Missing Out). As we age, older people may use "Carpe Diem" It was the Latin term for "seize the day" or "enjoy the moment." They abbreviate it to YOLO (You Only Live Once). We could be more positive and not be overcome with negative feelings. Don't dwell in the past.

Genetic factors and lifestyle choices are the greatest predictors of a long and healthy life. Use your mind and keep the brain active by more social activities. The feeling that you're needed and have something to give others will help you to age well. Life's basic divisions are education, employment and then retirement..

As you reach this closing time of living means you must try to stay well and healthy,

It will help if you have developed your strength and self confidence. Hopefully you will have sufficient ability to maintain good balance to later prevent falls. Good health should include a wide range of interests for your future. Those later needs may be for home help or in Aged Care. A global study identified money as a major factor for staying healthy and staying alive. Brains and body need exercise and it's important to have access to good medical advice. Most of our spending will be on health. ("I don't want to get older.")

"Age is irrelevant – it's just a state of mind" It is really just a unit of measurement that reflects our stage in life or expectations. We were all shaped by family and culture.

By having the right attitude coupled with willingness to adapt, it is possible for you to age gracefully.

At the end of life, it's important to have friends, family, a secure restful environment and lack of physical pain. But the most important asset anyone can have is friends.

Ian Shand SBA Newsletter Editor

The Smiths Beachcomber Association Committee takes this opportunity to wish you all a happy, joyful and relaxing time for your Christmas season and a healthy and prosperous (2023) New Year.

