

Positive Aging

10 Tips for Aging Well Despite the Wrinkles

By Linda Fodrini-Johnson

The marketing media has us thinking we want to use anti-aging products to look 20 years younger. Wouldn't you want to wear your wisdom in your body with pride and self-respect? If you are always trying to look younger, will you ever make friends with the "you" you are today? Or, will you be disappointed every time you look into the mirror?

Attitude and outlook have a lot to do with how we hold our bodies and how we appear. Those who I have worked with during my years in the aging field, and that have aged well and whom I admire for their continued contributions and lovely spirits, say it is all in how you look at life that gives you life. When I talk with these people, I only see beauty and wisdom, not wrinkles or gray hair. I see smiles even when they are talking about losses in their long lives as they seemed to have made adjustments and come to acceptance without regrets but only lovely memories.

These people who are still with us, and in their late 80s, 90s, and beyond are almost like magnets you just want to be in their presence and soak up their wisdom while listening to their stories.

So what does it take to have a Positive Life?

1) Attitude: Enjoy some of every day no matter what the day holds. Embrace your life's integrity.

2) Forgiveness: Don't hold grudges.

3) Spirituality: Belief in a "higher self" and practice "mindfulness" activities.

4) Engagement: Take a stand on something you believe in, volunteer and connect with friends and family. Don't ever isolate yourself from others.

5) Health: Eat a fresh food diet, exercise, work on brain health and get regular health check-ups.

6) Interests: Embrace a hobby or an outside interest that gives you joy.

7) Love: Relationships – always have someone in your life that you really "love."

8) Self-Care: Find time in every day to take care of yourself that makes you feel good. If you are ever a caregiver for another, always find time for yourself and your relationships.

9) Grieve: After a loss take the time to grieve but move beyond at a reasonable time.

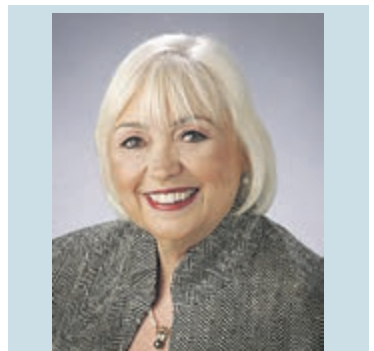
10) Generosity: Give of your time and resources to those who are in need.

If you are down, depressed, over-caring for another or just can't get motivated, seek out a professional therapist or counselor. Positive people find answers and get back on track; life has dips and potholes. The trick is not to get stuck.

If you want to "Age Positively" and you are not quite all

the way there with the above 10 tips (that have come from many of my clients), Eldercare Services will be having a class on "Positive Aging" on Dec. 16 from 2:00-3:30 p.m. in our office. Give us a call 925-937-2018 for location and more information; you are more than welcome to join others as we work on a few of these ideas. We all want to live well and have the best life possible – sometimes we didn't have the best of role models — and when we work on ourselves, the wrinkles will not disappear, but the smiles will make you more attractive than you have ever been.

Affirmation: "I am more than this body – I am spirit and attitude."



Linda Fodrini-Johnson, MA, MFT, CMC is a Licensed Family Therapist and Certified Care Manager. She is the Founder of Eldercare Services, a full-service care management and home care company doing business since 1989. Linda most recently became a partner and Chief Professional Officer of the VillagePlan™. Linda's new e-book "7 Steps to a Healthy Life for You and Your Aging Parents" can be found on Amazon.com.

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In Memory

Karen "Lindy" Tipton 1937-2016



Karen "Lindy" Tipton, daughter of Theodore and Gladys Lindblom of Seattle, died Nov. 20 in La Jolla, California, due to complications of advanced dementia. She was 79.

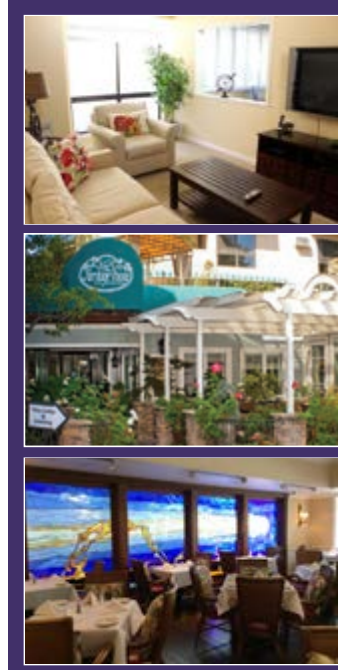
Born in 1937 in Seattle, Lindy received a Bachelor of Education from Washington State University. She taught in Washington, New York and Germany, where she traveled and skied throughout Europe. She was always full of life and loved adventure. Lindy returned from Europe to marry her wonderful husband, Keith, and relocated to San Francisco and shortly thereafter, to Orinda. She spent 46 years in Orinda and cherished her work with the Orinda Women's Club and spending time with all of her incredible friends.

Lindy was a beloved wife, mother and friend. Her husband, Keith, preceded her in death in 1999 from cancer. She is survived by her two daughters, Kim and Kelly, along with Kim's husband, John Tang, and Kelly's fiance, Jon Davis, Jr., all of whom live in San Diego. Lindy would want all of her dear friends in Northern California to know how much she cherished them and that the debilitating effects of dementia precluded her from keeping in touch, as she would have loved so much. God bless you all.

Memorial gifts may be made to the Dementia Society of America, dementiasociety.org.

Services will be held in San Diego at a date to be determined.

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