

Age Is An Experience



**101 Tips
For
Embracing
The Golden
Years**

HEINZ DINTER, PhD

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GRAND
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PUBLISHER

Miami

This booklet is not a work of fiction. However, names, characters, places and incidents are either the product of the author's imagination or are used fictitiously. Any resemblance to actual events or locales or persons, living or dead, is entirely coincidental. Of course, exempted are those to whom credit is given for their wisdom, able reasoning and compassion.

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Published by Grand Lifestyle Publisher
PO Box 558250, Miami, Florida 33255
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We invite you to subscribe to our FREE newsletter by visiting www.GrandLifestyle.com or sending an email to subscribe@GrandLifestyle.com.

ISBN 0-9770575-1-8

Manufactured in the United States of America

*We don't stop playing because we grow old;
we grow old because we stop playing.
George Bernard Shaw (1856-1950)
Irish dramatist*

This booklet is dedicated to
the
Golden Years

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The quality of life is determined by its activities.

Aristotle (384-322 B.C.)

Greek philosopher

Dear Reader

Within these pages I will give you cause to think about life's ups and downs — especially the wonderful, experience-enriched, and memory-laden golden years. I'll also give you cause for chuckles here and there.

I cannot turn my back on ignorance and must return to the arduous and prodigious “tolerance” — it means so much to me. I wish everyone would think of it as a principle to live by because it's a solid platform for peace of mind living based on the Golden Rule.

Gotthold Ephraim Lessing, the eighteenth century Germany dramatist and critic focused on the subject and published his thoughts and commitments on tolerance with the “Ring Fable” in *Nathan the Wise*, his thought-provoking dramatic poem and one of the most admirable documents of eighteenth-century thought. (You will find the parable in Act III, Scene 7.)

My appreciation goes to those who passed along a great number of the thoughts I share with you here. Thank you.

Immense gratitude goes to my grandchildren Devin, Megan, Alexander, Dustin, Richard, and Charles because without them I may have substituted writing this booklet with playing tennis or watching the moon over the *Magic City*.

I love life and will do so forever.

Miami, Florida

HD

Relationships

*Never, never, never quit.
Winston Churchill (1874-1965)
British statesman and author*

1 Don't let it come to this: I'd give anything if Dad were here now so I could talk this over with him. Too bad I didn't appreciate how smart he was. I could have learned a lot from him.

2 Pray often: God grant me the senility to forget the people I never liked, the good fortune to run into the ones that I do and the eyesight to tell the difference.

3 Watch out for people who want to share their religious views with you. They almost never want you to share yours with them.

4 Be nice to your children, for they will choose your rest home.

5 Don't take life too seriously. No matter what happens in life, somebody will find a way to take it too seriously.

6 Just get up and dance. Nobody cares if you can't dance well.

7 Take out the fortune before you eat the cookie. Don't let temptation get the overhand.

8 Don't gossip. The most destructive force in the universe is gossip.

9 Don't be rude to the waiter. A person who is nice to you but rude to the waiter is not a nice person.

10 Remember this: Your friends love you, no matter what.

11 Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.

12 Keep only cheerful friends. The grouches pull you down.

13 Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. An idle mind is the devil's workshop. And the devil's name is Alzheimer's.

14 Enjoy the simple things. Don't let fanciness lead you into temptation.

15 Laugh often, long and loud. Laugh until you gasp for breath.

16 Let tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.

17 Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.

18 Don't take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.

19 Tell the people you love that you love them — at every opportunity.

20 Always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Fitness, Health and Wellness

Once you learn to quit, it becomes a habit.

Vincent T. Lombardi (1913-1970)

American football coach

21 Know what depression is: Depression is when your ship finally comes in and it's a dinghy

22 Recognize the warning signs. You may be headed for depression if:

- You need more hours to do less work.
- You suffer chronic fatigue.
- You can't sleep.
- You're too busy to do routine things like sending

out birthday cards.

- You start forgetting appointments and losing personal possessions such as house keys.
- You feel you have no control over your life and your future seems as bleak as the present.
- You drink more alcohol and use more drugs, prescription and otherwise.
- You feel no real joy in anything, not even your job.

23 What you must do if you think you're on the road to depression:

- Start a regular exercise program.
- Balance hours spent at work with hours spent with friends and family, and hours spent having fun.
- Start taking vacations, including a series of short vacations over long weekends.
- Check your directions in life. Is professional success worth it if it means losing your spouse, alienating children, and missing out on life's pleasures?
- Find a new career or a new daily routine.
- See your doctor. Don't wait. Do it today.

24 What you must do if you truly are a friend of the one suffering from depression:

- Don't brush off as whimsical what you observe.
- Try to understand what your friend is going through.
- Do not take any action you normally would in response to someone's action, concluding that a "normal" and "good" person would not do such

things.

- Urge your friend to see a doctor. Make your friend do it. Now you are a real friend.

25 Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

26 Combat alcoholism. The CAGE Questionnaire (developed in 1970 by Dr. John A. Ewing) is the first step. It is a combination of four simple questions that can be used for the screening of patients for alcoholism.

A total of two or more positive answers indicates a positive history of alcoholism.

The addiction assessment:

1. Have you ever felt you should Cut down on your drinking?
2. Have people Annoyed you by criticizing your drinking?
3. Have you ever felt bad or Guilty about your drinking?
4. Have you ever had a drink first thing in the morning or to get rid of a hangover (Eye-opener)?

Please give this simple test serious thought.

PLEASE! You alone can do it, but you cannot do it alone.

Old Clichés and Grandchildren

If we all did the things we are capable of doing, we would literally astound ourselves.

Thomas Alva Edison (1847-1931)

American inventor

27 On cleanliness: “Look at the back of your neck. It’s filthy.” You are dealing with an obstinate grandchild who decided he wasn’t dirty enough to take a bath. Great advice in case the kid turns out to be a contortionist and wants to join the circus.

28 On fashion: “You’re not leaving the house dressed like that!” If a parent or grandparent really hates the outfit, the other kids will love it. That’s the law. Hairstyles follow this same set of rules, the bolder the color, the more accepted by the other kids. (Do you have a green-haired grandson as you read this?)

29 On homework: “There will be no TV if you don’t finish your homework.” Isn’t that illegal? Something like blackmail or extortion?

30 On logic: “Because I said so, that’s why.” Now just who would trust a dumb old grandparent who obviously has forgotten how it is to be young to make the rules?

31 On music appreciation: “Turn down that damned music.” The grandkids can’t hear

you; they're all deaf from the noise.

32 On public exposure: "Always wear clean underwear, so if you're in an accident and they have to cut your underwear off, you won't be embarrassed." Did it ever occur to you that if a kid were in such a terrible state that someone else had to remove his underwear, he wouldn't be in any condition to be embarrassed?

33 On religion: "You'd better pray that grape juice comes out of the carpet." Moving furniture or All Purpose Cleaner is the solution, not prayer and incantations.

34 On repetition: "If I told you once, I told you a thousand times." Get a clue; no one's counting but you. Repetition is not all it's cracked up to be.

35 On respecting elders: "Hold the door open, please." It's a small gesture, but a big struggle.

36 On responsibility: "You wanted that kitten. Now take care of it." Wanting a pet does not necessarily imply willingness to take care of it.

37 On stamina: "You will sit there until you finish your string beans, even if it takes all night." The result? You always wore out before the kid did. Truth is, can you remember any of

your children ever finishing anything they decided they didn't like?

38 On table manners: "Don't slurp." Why not? It's so much fun.

39 On timing: "If you're going to kill each other, do it outside. I just finished cleaning the house." If you'd waited a few minutes, the kids would have forgotten what they were fighting about and find another way to annoy you.

40 On weather: "Your room looks like a tornado hit it." Yeah, well he liked it that way. It is far simpler to resist entering the child's room unless it's on fire.

41 On zealousness that never works: "Wait till your grandfather comes home." The grandkids know the old man is a pushover. He thinks whatever terrible thing they do is just plain cute. Not that any of us is any better. After all, we see the grandkids only occasionally, just often enough to spoil them rotten.

42 On admonishments and suggestions that go nowhere even if you try and try:

- "Always give someone else the biggest slice of cake."
- "Because I said so, and I'm the grandparent here."
- "Don't run with knives."
- "Eat your carrots so you don't go blind."

- “Remember you are her sister and really love her.”
- “Stop that, or your eyes will stay that way.”
- “You’re slicing the pizza. Now let your siblings pick first.”

Just wait till you have grand kids of your own, then you’ll understand. We grew up, and older, taking along all those tired old bits of wisdom. Now how do you think that happened? Did we simply become our parents, despite our vows to never do so?

We got through those years, while not unscathed, at least with a semblance of sanity. And here we are now, using those same old tired worn clichés on our grandchildren, as if they will suddenly have some meaning and will actually work in this day and age.

Identity Theft

*Life is a succession of lessons
which must be lived to be understood.*

*Helen Keller (1880-1968)
American author and lecturer*

43 Keep your Social Security card at home. Don’t carry it with you unless absolutely necessary.

44 Don't carry your passport, birth certificate or other valuable personal documents unless absolutely necessary.

45 Keep your personal and financial documents, including the ones mentioned above, in a safe place. You may want to use a fireproof box at home or a safety deposit box at your bank.

46 Make sure your Social Security number isn't used as your employee or other identification number, and that it isn't printed on any other identification card, such as your driver's license.

47 Don't put your Social Security number on your checks.

48 Shred any personal or financial information documents before you throw them out. This includes any materials with your social Security number printed on them.

49 Avoid using your Social Security number, date of birth or other identifying numbers as your password online.

50 Don't give your Social Security number to people or companies you don't know. Before you give out your personal information, ask why it is needed and how it will be used.

Watch Your Step

*In the middle of difficulty lies opportunity.
Albert Einstein (1879-1955)
American physicist*

51 Watch out for “Secret Formulas” or “Breakthroughs” when purchasing so-called anti-aging or health related products. If it sounds too good to be true, it probably is.

52 Question products that are advertised as making visits to a physician or other health professional unnecessary.

53 Don’t buy from an unfamiliar company on the Internet. Legitimate businesses understand that you want more information about their company and are happy to comply.

54 Always take your time making a decision. Legitimate companies won’t pressure you to make a snap decision

55 Never send money or give out personal information such as credit card numbers and expiration dates, bank account numbers, dates of birth, or Social Security numbers to unfamiliar companies or unknown persons.

56 Do the following before you leave home for a prolonged period of time:

- Discontinue your newspaper and other regular

deliveries.

- Have your lawn mowed.
- Notify the post office to hold or forward your mail or have a trusted person pick it up daily.
- Put lights both inside and outside the house on timers.
- Turn the volume on the telephone down so it cannot be used as a cue that no one is home.

Daily Routines

To love what you do and feel that it matters

— how could anything be more fun?

Katherine Graham (1917-2001)

American newspaper publisher

57 Carry a small notebook whenever you leave home. It will come in handy to capture ideas, messages, or names and phone numbers. A 3"x5" spiral notebook is ideal.

58 Let voice mail or an answering machine take telephone messages whenever you do not wish to be disturbed. Don't let the phone interrupt your personal time.

59 Carry reading material in your car. It will come in handy when held up in traffic.

60 Write notes to yourself and place them in a conspicuous place. Make sure you place

these notes where they are readily seen.

61 Make written lists so you cannot forget and won't forget. Just make sure you know where you keep the lists.

62 Keep frequently used telephone numbers with you whenever you leave home. If you have a cell phone, store these phone numbers in your cell phone; otherwise, carry a list of phone numbers in a small list.

63 Give yourself a minimum of thirty minutes of quiet time every day. The ideal time is before everyone else in your household rises in the morning

64 Search for ideas to implement. Remember what you loved doing as a child or other things you enjoyed doing in the past.

65 Give humor free reign. Focus on situations you have taken too seriously and find some humor in that situation. Laughter is a very good remedy.

66 Look around your home and identify items you no longer need or have use for. Give them away or sell them.

Be You

Dost thou love life? Then do not squander time, for that's the stuff life is made of.

Benjamin Franklin (1706-1790)

American statesman, scientist, and philosopher

67 Pick your friends, but not to pieces. Remember, life without friends is an empty life. Very empty.

68 Appreciate the lesson of experience. You have been there. Don't let it go to waste.

69 Let go of the small stuff. If it isn't important enough for you to take care of, it's not important.

70 Forgive to free yourself from the poisonous effects transgressors had on you and your life. Forgiving is not absolving.

71 Don't try to change another person. We are responsible for our own life choices and behavior.

72 Give way on trivial issues. Needing to win an unimportant argument is not a sign of strength; it's a sign of weakness.

73 Listen twice as much as you talk. Remember, you have two ears and one mouth. It's the attentive listener who is appreciated.

74 Never panic. If you're panic-stricken, take a deep breath; then consider alternatives.

75 Don't let yourself be influenced by dogma. When confronted by dogma, step aside and let it pass.

76 Be grateful for the good things in your life. Avoid feeling sorry for yourself. Self-pity gets you nowhere and drains the joy out of life.

77 Allow life to flow around you. Be still and life will be good to you.

78 Focus on living to a ripe old age. For men, divorce is laced with poison like a pack-a-day cigarette habit. For women, not being married shortens her life span more than cancer.

79 Practice the Golden Rule. Do unto others as you would have them do unto you.

Savor the Experience

Every great and commanding moment in the annals of the world is the triumph of some enthusiasm.

Ralph Waldo Emerson (1803-1882)

American essayist and poet

80 Read the User's Manual of the global positioning system installed in your car. It will come in handy now.

81 Ask your representative in Congress to introduce legislation dealing with the aging process. The aging process will be slowed down if it has to work its way through Congress.

82 Enjoy the relief from the hardships of social graces. You can now quit trying to hold your stomach in no matter who walks into the room.

83 Enjoy being safe from peer pressure. There's one advantage to being 102: No peer pressure.

84 Face the facts.
Old is ...

- When your sweetie says, "Let's go upstairs and make love," and you answer, "pick one, I can't do both."
- When your friends compliment you on your new alligator shoes and you're barefoot.
- When a sexy babe catches your eye and your pacemaker opens the garage door.
- When going bra-less pulls all the wrinkles out of your face.
- When you don't care where your spouse goes, just as long as you don't have to go along.
- When you are cautioned to slow down by the doctor instead of by the police.
- When getting a "little action" means I don't need to take any fiber today.
- When getting "lucky" means you find your car in the parking lot.

- When an “all-nighter” means not getting up to pee.

85 Don't dwell on the past. It's hard to be nostalgic when you can't remember anything.

86 Make sure you are the right kind. There are two kinds of people. Those who wake up in the morning and say, “Good morning, Lord,” and those who wake up in the morning and say, “Good Lord, it's morning.”

87 Don't worry about avoiding temptation. As you grow older, it will avoid you.

88 Don't confuse the two: These days you spend a lot of time thinking about the hereafter. You go somewhere to get something, and then wonder what you're here after.

89 Go for it. It's harder and harder for sexual harassment charges to stick.

90 Don't be cynical thinking that if God wanted me to touch my toes, he would have put them on my knees.

91 Exercise vigorously. You realize that caution is the only thing you care to exercise.

92 Don't worry about being arrested. You talk about “good grass” and you're referring to someone's lawn.

93 Go ahead and ride in the back seat. You are no longer subject to the risks of kids in the back seat causing accidents and accidents in the back seat causing kids.

94 Travel to see the world. In a hostage situation you are likely to be released first.

95 Live without fear of discovery. Your secrets are safe with your friends because they can't remember them either.

96 Be proud of yourself. Your investment in health insurance is finally beginning to pay off.

97 Consider this as your Last Will and Testament: Being of sound mind, I spent all my money.

98 Face it: As you grow older and older, and totter toward the tomb, you find that you care less and less, who goes to bed with whom.

99 Rest assured that death is not the end. There remains the litigation over the estate.

100 Don't worry about being tempted. When you have a choice of two temptations you will choose the one that will get you home earlier.

101 Think positive: The longer you live, the less future there is to worry about.

***Tips to Help Promote
What You Do or Who You Are
With this Booklet***

- 1.** Use this booklet as a gift.
- 2.** Send this booklet to your family/clients/
patients/friends to thank them for their
friendship/help/trust/business and to stay
in touch.
- 3.** Offer this booklet free with any purchase
during a specific time period, with a
specific purchase amount, or when open-
ing an account.
- 4.** Distribute this booklet to prospects at a
trade show or other gathering.
- 5.** Give this booklet to those who complete a
questionnaire or survey.
- 6.** Package this booklet as a value-added
bonus with a product you sell.
- 7.** Provide this booklet to people and organi-
zations who can refer business to you.
- 8.** Do it! It will make you feel good because
they will love you for it.

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ABOUT THE AUTHOR



Heinz Dinter raised his family and pursued his career as head of the computer company he founded, driven by dreams of a happy family and the challenges of capitalism.

Today he builds on memories and experiences — sharing and enjoying life with friends.

The author wants his twin children, Diane and Kenneth, and six grandchildren, Devin, Megan, Alexander, Dustin, Richard, and Charles, to experience a peace-of-mind lifestyle. That's reason enough for this booklet. And he lets it be fun.

Dr. Dinter received his B.S. in mathematics, M.A. in management, and Ph.D. in business administration and corporate finance from the University of Florida.

He's an avid pilot and enjoys sailing and playing tennis in Miami, Florida where he makes his home with Mia and Magic.

But he does miss Lolita, Heidi, Kitty and her brood.

*Life is mostly froth and bubble,
Two things stand like stone,
Kindness in another's trouble,
Courage in your own.
Adam Lindsay Gordon (1833-1870)
Australian Poet*

The Must-Read Book For Embracing the Experience-Enriched and Memory-Laden Golden Years

Within these pages I give you cause to think about the true worth of life experience and how to cash in on what's ahead. I also give you cause for chuckles here and there.

As you turn the pages, I will share with you tips on how to enjoy and make the best of the experience-enriched and memory-laden golden years.

Here's inspirational reading that opens eyes wide and motivates hearts. **Chuckle and think!**

It's a must-read booklet on those days when you are down or you wish to share laughter and thought with others. It's also an apathy shaker. Real-life excitement of what it takes to grasp the positive side of life and the wonderful golden years.

**Read down-to-earth tips
and thought-provoking messages.
They're for those who embrace the golden years.**

ISBN 0-9770575-1-8



US\$5

9 780977 057511