

Age Is An Experience



**101 Tips
For
Embracing
The Golden
Years**

HEINZ DINTER, PhD

Table Of Contents

Dear Reader	7
Relationships	8
Fitness, Health and Wellness	10
Old Clichés and Grandchildren	13
Identity Theft	16
Watch Your Step	18
Daily Routines	19
Be You	21
Savor the Experience	22
Tips to Help Promote What You Do or Who You Are With this Booklet	26

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

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