



Aging with Grace: “If Not Now, When?”

A wise man once said the freedom of aging is the ability to say and act on the idea, “if not now, when?” As I age, I am keeping this idea upfront and personal. My life has left me free to do as I want. I could play and travel as a tourist. I could care for my body with surgery and cosmetics. I could dress and live in a state of high fashion. But I choose to consider “if not now, when?”

Oh, I am considerate of an aging body. I eat nutritiously, close to the earth and seasonally. I try to eat like people in the world, not like the USA, avoiding large animal proteins and large portions. I exercise both my large and small muscles. I sing.

I use my mind by reading, playing card games, cooking for others, and volunteering on agency boards. My family is away from my town so I am embracing other relationships. I have parties, baby sit, and join community organizations. I use the Internet to stay in touch with friends.

Perhaps the biggest “if not now” is the change in my spiritual actions. I seek out activities I could not do when younger and working. I participate in peace and justice concerns. On certain days you will find me standing holding a peace sign, going on a trip to build houses, or praying and walking for people around the neighborhood or current location. I find I am also spending inward time focusing myself and gaining energy for the work.

So the first question in active aging for me is – “if not now, when?”

The answer is usually – right now!

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