

“ Turning Possibilities into Realities ”

Building a Global Movement for Change [UNSG]: The Promise (part 48)



"Working Hard at Working Smart" (part LIX)

2014: Raising The Bar: Homage to our Elders



“We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older – places in which older people can participate to the fullest and find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

Ronald Wilson Reagan - 40th President of the USA - February 6, 1911 - June 5, 2004.

On August 19, 1988, he issued Proclamation 5847 creating National Senior Citizens Day to be August 21.

The future we want: The Promise: The Force Beyond

Poems about elderly parents

Source: familyfriendpoems.com



**Aging is a natural process of life.
It begins the moment we are born.
Strangely enough, most of us live under
the illusion that we and our loved ones
will never become old.**

**When old age arrives, we are often unprepared.
The natural order becomes reversed.
The young help to care for the old.
Those who need to be taken care of
for the first time have a hard time
accepting that they need help.
This condition is a product of our culture
that does everything it can to conceal the
loss of youth.
Confronting this reality is the beginning
of a healthy relationship to life, aging and death.**

Growing Older

Author: Phoebe Love

It ain't over until the fat lady sings !!!

(Colloq)

Over recent years, improved healthcare and more educational awareness has meant that our population is ageing. More people are taking better care of themselves, which means they are able to enjoy a more active and fulfilled life well beyond retirement age.

Maintaining and improving health depends a lot on the choices people make as they get older. By adopting healthy habits and sticking to them, many people are able to still lead reasonably active, independent lives well into their 70s and even beyond.

Physical Health

Eating healthily is probably one of the most important factors in maintaining our health into old

age. A balanced diet consisting of fruit, vegetables and whole grain carbohydrates is recommended and, if you are carrying extra weight, now's the time to finally shed the extra pounds as older people, in particular, become much more susceptible to physical ailments if they are overweight.

Exercise, even if that just means an hour's brisk walking a day, can also improve the quality of your life for years to come. For those who feel the need to work out, a well defined fitness program concentrating on rebuilding muscle mass can also make bones stronger. Whilst stronger bones reduce the risk of osteoporosis for all ageing people, post-menopausal women are particularly at risk from this condition.

**"To plant a Garden is to believe
in tomorrow"**

(Audrey Hepburn - Actress)

Changing bad habits is never too late. Even if you've been a smoker for most of your adult life, if you quit, you significantly reduce the risk of suffering from heart disease within a year of quitting cigarettes.

Sharpening the Mind

Many of us tend to associate old age with a decline in our mental faculties and, whilst we are more at risk of suffering with mental conditions the older we get, it is still possible to stave off these kinds of effects if we keep our brains stimulated.

Many older people in retirement these days don't necessarily see it as a time to start slowing down and relaxing but as an opportunity to learn new things. It could be attending night school classes, to learn more about a particular hobby or interest and there has been a dramatic increase in the number of elderly people feeling comfortable in using the Internet to learn even more things and to stimulate their minds.

People with hobbies and interests tend to suffer with less stress, a benefit which is also positive for those who are getting older and is of even greater benefit to your well-being in old age, as this is when people actively get involved within their own social community and expand their social network. Elderly people who tend to lock themselves within their own homes tend to suffer far more with both physical and emotional ailments.

Attitude

People who tend to age better are those who see the entire ageing process as an opportunity for further growth and not as any kind of barrier to themselves enjoying life. Those who take the rough with the smooth and remain flexible and accept that life is full of constant changes which they're happy to embrace, seem to fare far better than those who become resigned to getting older and feel that the clock is ticking away.

By remaining optimistic about the future and looking after yourself both physically and emotionally, there is no reason why most people shouldn't be almost as active in their 70s and beyond as they were in their 20s, given a good diet, some exercise and a sense of moderation.

Making a Difference

Make it a Priority



Honoring Our Elders

thetalltrees.com

We honor our elders by giving them respect and hearing their wisdom, as they did with their elders. They grew up practicing in their lives what their elders taught them. We have the same opportunity in our lives to continue the circle.

We honor our elders when we put into practice what we have been taught. We honor them when we show respect for all life. We have learned everything – from the smallest insect to the largest elephant – has its place. We honor them when we make the effort to bring a smile to a young child's face. We honor them when we live our lives as the Creator intended.

And we honor our elders when we say to them, you have taught us well. You have shown us the gifts of love, laughter and learning are bestowed to us all by the Creator. Your teachings will continue with our children and their children.

And it is now most appropriate and fitting to pay Special Tribute to Msye France Albert Rene, 2nd President of the Republic of Seychelles for his life long devotion towards our relentless quest for the betterment of our one and only Seychelles... and its people.

We thank you for your priceless contribution in this direction, we will surely always be grateful.

We pray and convey our very best wishes for your good health, long life, and happiness always during this time of need.

Happy Birthday Msye Preziden

Marc.

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The journey continues...