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Thinking about “Old” – Two articles

Friday, December 13, 2013

While scrolling down my Start page this morning, I came across the article “Nutrition and the Elderly”

www.sparkpeople.com/resource/nutrition_articles.asp?id=869

It contains Important information but somewhat scary when I realize that they’re talking about MY age group.

“forgetfulness... financial burden... depression ... dental problems... loneliness...frailty” Oh my!

As they say, getting old isn’t for wimps.

I realize it’s up to each one of us to take care of ourselves, but the obstacles can seem overwhelming.

Fortunately, at the end of the article were related links and I read this one.

“A New Definition for ‘Old’

www.sparkpeople.com/resource/motivation_articles.asp?id=256

Very motivating – just like reading the many success stories here each day.

Thank you SP. That’s a good start to my day.

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SUNSET09



Now that we know, we can become better! We can start from right where we are!





MARYJEANSL



How timely! I just put up on my blog a very interesting test of - sort of - oldness. It purports to test how much longer one will live. I suspect you will pass with flying colors, if you decide to try it. I put it in my blog, but here is the link:

http://www.mnn.com/health/fitness-well-being/stories/this-simple-sitting-test-could-predict-how-long-you-will-live?fb_action_ids=674640562566724&fb_action_types=og.likes&fb_source=other_multiline&action_object_map=%5B566127433434542%5D&action_type_map=%5B%22og.likes%22%5D&action_ref_map=%5B%5D

That link looks awfully long...well, if it doesn't work, as I say, it's in my blog.
2738 days ago



RICKISMOM1



When I was 20 I thought 40 was old.
I reached 40 and decided that 60 is old.
I am now 62 and feel MUCH younger than I did 6 years ago.
I wonder when I'll feel old? (Probably when my knees give way....)
2738 days ago



MJZHERE



Thank you for posting the link to the last article. My husband and I are going this morning to join with two of our best friends - both 78. We are meeting with a group which lowered the age to let us in. This is a once a month event and a highlight for us. Wisdom, courage, stamina is just some of the words I think of when I think of the people there. Our two ladies do more in a week than I probably do in a month- and they are doing it for others.
2738 days ago



WATERMELLEN



60 is the new 40 . . . actually I'm fitter, healthier, slimmer than when I was 40! It used to be when people retired at 65 (if they made it) they expected to live only a few years longer and statistically they were right. Now we're so aware that we're likely to last until late 80s or even well into our 90s, and we're determined to enjoy every decade as best we can.
2738 days ago



CD13758606



I admire the "old" gal that lives life to the fullest without regard to age. I aspire to be the same with an active lifestyle.

I do chuckle when my mother who is 83 says she getting older. it is always a state of mind. What is old anyway?
2739 days ago



MISCHAKEO



I liked the second article. I am trying to stay as healthy as I can as I age. Exercise is one thing that keeps me young!
2739 days ago




BOPPY_



I'm 66 (soon to be 67).

My"self" feels 30.

My hair and memory (what little there is of either ) says otherwise.

My knees are 95.

My back, once 100, has thru the wonders of surgery, re[pro?]gressed to 70, maybe 50.

My hopes and plans are eternal.

All people in their teens, twenty's, and thirty's, and so on, look younger every year.

At any age, of self, any body part or subsystem, it still feels good to be above ground. The goal, here, more than most places, is to make the most of it.

As the Marines, say, "Hu-rah!"



Lee
2739 days ago



MERRYMARY42

I will bookmark this and read them, I do so enjoy your informative and entertaining blogs.
Thanks
2739 days ago



CD14034154

Brooklyn,

Thanks for the motivation, which I witnessed in the article you gave me the link too. I was enlightened and encouraged, to say the least. Thanks for the link!

Be blessed,

- Nancy Jean -
GA
2739 days ago



CD13099273

Before I passed the Torch (thanks for your support) I would see many people in their late nineties still in the retirement communities not a nursing home - still alert , full teeth not depressed and enjoying life - for me its frame of mind and paying attention to our bodies needs - recently learned lesson - who ever said you cannot teach an old dog new tricks? lol - Great Blog !!
2739 days ago



BOOKAPHILE

Age is creeping up on all of us. I want to do it as healthily as I can.
2739 days ago



CD13834395

Thank you. I have a hard time seeing myself as "elderly." That's my grandmother. Although I have to say, I look at photos of grandma when I was a baby and she suddenly looks a lot younger.

Of course, my granddaughter says, "Grandma, you look so old..."

Oh well.
2739 days ago



GARDENQE2

Thanks for posting these!
I am 65 and still think I'm a youngster.
My Uncle is 85, and is afraid he can't live alone much longer.
My brother and I have been discussing what we can offer him to make his next few years comfortable and pleasant.
Best wishes!
2739 days ago



DR1939

Gerontologists talk about old in three categories, young-old (55-65), old (65-80), and old-old (80+) but they also recognize that being old is not just determined by the number of years that you live. We also talk about aging in terms of social age, physical age, and others.
2740 days ago



CD12146214

I read that article and was surprised to see that some of the things I deal with come under the category of old....I will be 50 on Sunday and no way do I consider my self old.
2740 days ago



LINDAKAY228

I've worked with a wide range of "elderly" since 1995, from the people who were "old" at 50 (like my mom was) to those who are "young" in their 70's, 80's and beyond.. I've worked with homebound to those at senior center to those in local and statewide senior Olympics. There is no real definition of "old" as it relates to physical years I've found!
2740 days ago



CD14270285

Attitude and health play SO much into age! And I would say attitude trumps health in most areas. Age is just a number ;-). My mom, who is 90, still goes for walks at the mall and the only reason she stopped swimming was because the pool closed down, lol.
2740 days ago



PHOENIX1949

Several relatives have commented that they started to feel old at 90! They run circles around me at 64!





Nice to read these articles again. I only know I've seen them before because of points earned.
Hmm.
2740 days ago



KELLIEBEAN

I remember my mom when she was my age and she seemed way older. Definitely WAY less active.

I plan to redefine old age!

Great articles!
2740 days ago



TERI-RIFIC

I saw a lot of "old" people when I worked in a hospital. Age is only one factor. I was XC skiing and started talking to a guy when I was resting halfway up a big hill. And he said he was feeling his age and i asked how old he was and he said 93!! So I said WOW you DO NOT look like you are in your 90's at all. And he said 'well, I FEEL like I'm in my 90's" But he was still XC skiing!! I think it is age+fitness+attitude. I don't think it is quite true that you are as young as you feel (I wish) but maybe you can say you're as old as you feel.

2740 days ago



NELLJONES

I read that article yesterday, and it IS hard to see myself as "old". I have to take care of the things I CAN take care of, while I still can. My husband has had 3 strokes and has become a stereotypically old man, and there is nothing to be done about it but carry on.

2740 days ago



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