

Cutler Bay NEWS

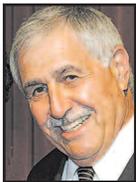
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Here's some advice for people getting older, like me

BY ERNIE SOCHIN



The secret is out! Yes, I recently celebrated a birthday and try as I may I could not avoid having people ask me how old I was. Somehow it leaked out that I was 80 years old. *Moi?*

A lot of things have hit me by surprise and I thought it might be a good idea to give some advance warnings to those of you who will be lucky enough to reach this age.

One of the first things that brought it to mind was that I, like many of you, save our best clothes to wear or use "for best." I realize now that, at best, I probably will never get to use these items unless I start now. It killed me to take some of my exercise shorts out of hiding, remove the tags that come with them and actually begin wearing them to the gym. I guess that will have to substitute for "best."

I recently read an interesting article about aging, but I forget where or what it said. No matter, it probably will come back to me after this article is written.

Get used to it! A typical conversation with my wife at home will go something like this: "Remember that guy that we met at that restaurant either several weeks or months ago who had something to tell me?"

My wife, in her infuriating manner, replies that she cannot understand anything that I am talking about unless I can give her the name of the person, the restaurant, the time that it took place, or something that she can grasp. She claims that she no longer is able to read my mind. Pity.

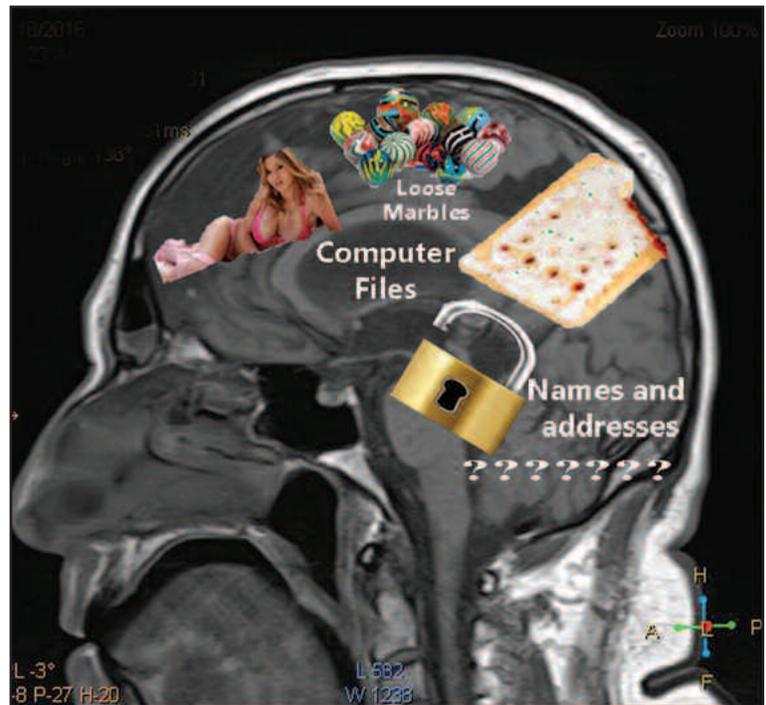
It is amazing how often I can be engaged in a conversation and get stuck halfway through being unable to remember a keyword or thought that I wanted to express. The good/bad thing about this is that it eventually comes back, sometimes as long as 20 minutes later when you no longer need it. This only proves one thing — it is not completely gone from your memory, just not accessible at this particular time. Great.

I have read several articles in whatchamacallit magazine advising that physical exercise will help improve circulation to the hypothalamus, the part of the brain that supposedly stores current memory, and will help you remember things. At this stage I am barely able to remember what it is that I wanted to remember in the first place, but I do manage to get some exercise while I'm trying.

They say that exercise is good for you at any age. You wouldn't say that if you saw me on the tennis court several weeks ago falling flat on my face due to lack of balance. I still play on occasion and manage to ride my bicycle as best I can, always aware that my balance isn't quite what it used to be.

Another thing that I have noticed since my aging began is that for some reason they keep adding curbs in the weirdest places including parking lots, street corners and other places where you least expect them. All of this has been done in the past few years. Because I never had trouble hitting these curbs with my car in the past, so my only logical assumption is that they were recently placed there. I will be contacting the design engineers and make sure that they give us advance warning when they began throwing these curbs up in the worst of all places, where I drive.

Ego — something we all have at least some of — gets totally destroyed when you reach the age when your grandchildren claim that you have



My latest brain scan

more hair in your ears and nose than you do on your head. I used to like these kids.

As you know from my previous articles I suffer from a severe case of computeritis. I am simply unable to keep up with all the rapid changes that these software engineers insist on coming up with. I do know that a lot of my stuff is somewhere up in the clouds and so far I have been unable to retrieve any of it.

I am planning to send a kite into the air during our next thunderstorm and instead of a key at the end of the wire I will attach a thumb drive this way all the energy that is in the cloud will transfer to the thumb drive in which case I will be able to plug it into the computer and retrieve all of the stuff that's up there. If any of you have tried this please let me know whether you had any success.

One of the things you'll notice as you age is that people begin calling you "sir" or "mam" or eventually just "you." I cannot tell you how many times people have offered to carry things for me, open doors and assist me in getting up from a low sofa cushion. Why do they make those things so low to begin with? Do they have any idea how difficult it is to rise up from them once you have a potbelly plus a few years on you?

As for the potbelly, I certainly should not have one considering all the exercise that I do. My only answer at this point is I must be swallowing a lot of air as I exercise. Let me know if you have any better excuses to offer.

The final bit of cheery advice I received from whatshisname, is that just be happy that you woke up on the right side of the grass.