**Aging Gracefully is anything but …**

I could not open an emailed document on my phone one day and my granddaughter helped me. In doing so she said with a sigh, “Oh Nanna, you are so old!’
I laughed, but I knew that it was true.

According to the Bible, elders are paradigms of faith and are role models exemplifying reverence and temperance (Titus 2:2-5). They are worthy of honour, respect and special care. When elders are alone and in need, the religious community is called upon to provide for their care. This is what I have witnessed the Burwood Heights Church Family to be and do. Aging gracefully and caring for one another. Thank you.

 “Aging gracefully’ suggests that getting older is effortless and all is well! That’s a myth because the reality of getting old takes a lot of effort. Physical “self-depreciation” changes aren’t ones we can reverse. More wrinkles, teeth browning and falling out, deteriorating sight, hearing loss, brittle bones, memory loss and much more. Much effort is needed to manage and cope with these physical changes. Even more effort is required, emotionally and spiritually, to understand, accept and deal with embarrassing moments due to the physical changes. There are finacial pressures when the management of health changes is not covered by Medicare or Private Health Cover.

Changes that come with aging may, for some, mean selling the family home and moving to a new smaller dwelling. Some may need to move into permanent residential care, which may also involve living separately from one’s spouse. Aging, for some, means increased demand for care and support in the home.

We cannot underestimate the emotional roller coaster associated with these changes. For many, aging is anything but graceful and can require lots and lots of extra effort.

***Rev Sylvia***