



### *AGING with SPIRIT*

Youth is not entirely a time of life; it's a state of mind.  
Nobody grows old merely by living a number of years.  
Years may wrinkle the skin,  
but to give up interest wrinkles the soul.  
You are as young as your faith, as old as your doubt;  
As young as your hope, as old as your despair;  
As young as your dreams, as old as your regrets.  
When your spirit loses its fire,  
your heart shrouded with the snow of pessimism,  
and your soul harbors the ice of cynicism,  
then *and only then* are you old.

*Anonymous*

Contributed by Robert Porter Lynch from my Grandmother, Mildred Barry, of Cranston, RI,  
from a yellowed newspaper article found pasted inside her kitchen cabinet c1960 -- she died at age 96

# Seven Secrets of Aging

1. Eat the Right foods
2. Get Daily Exercise
3. Have a Positive Mental Attitude
4. Believe in God & the Holy Spirit
5. Have a Mission & Purpose in Life
6. Create Trusting Relationships
7. Maintain a Sense of Humor

Doing these things will add 15% good years to your life

Ruth Burt, who lived well past her 100<sup>th</sup> birthday, gave me her secrets to about living a long life as she was approaching her 100th birthday:

- Don't be critical
- Don't be quick to judge
- I never met a person I didn't like, and they were always nice to me
- I don't think ill of anyone

It's much like Jesus' advice:

- Judge and Ye Shall Be Judged
- Condemn and Ye Shall be Condemned
- Forgive and Ye Shall be Forgiven
- Be Merciful and ye Shall Receive Mercy