

HOW TO STAY YOUNG

1. **Throw out nonessential numbers.** This includes age, weight and height. Let the doctors worry about them. That is why you pay 'them.'
2. **Keep only cheerful friends.** The grouches pull you down.
3. **Keep learning.** Learn more about the computer, crafts, gardening, whatever, even ham radio. Never let the brain idle. 'An idle mind is the devil's workshop.'
And the devil's name is Alzheimer's.
4. **Enjoy the simple things.**
5. **Laugh often, long and loud.** Laugh until you gasp for breath.
6. **The tears happen.** Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. **Surround yourself with what you love**, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. **Cherish your health:** If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. **Don't take guilt trips.** Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. **Tell the people you love that you love them, at every opportunity.**

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.