

Subject : GROWING OLD WITH GRACE !!

Very nice indeed... Hard to put in practice .. even though we may know it already .. Thanks to Dileep Khedekar

Club55

Subject: Management of Old Age - some suggestions.

GROWING OLD WITH GRACE with 11 FORMULAS:

1. Live in your own place to enjoy independence and privacy.
2. Hold on to your bank deposits and assets with yourself.
3. Don't depend only on your children's promise to care for you when you grow old as their priorities change with time.
4. Expand your circle of friends to include those who will outlive you.
5. Do not compare anything with anybody and expect nothing from others.
6. Do not meddle in the life of your children. Let them live THEIR life not yours.
7. Do not use old age as your shield and justification to demand care, respect and attention.
8. Listen to what others say but think and act independently.
9. Pray, but do not beg, even from God. If at all ask for his forgiveness. Always remember his blessings and not the troubles in life!

Last 2 IMPORTANT ONES

10. TAKE GOOD CARE OF OWN HEALTH. Apart from Medical Attention, eat Best Food in the Best Way (you can afford) and Try to do your own Work ...

And finally,

11. DO NOT RETIRE FROM LIFE.

Remember, in this world, 'each for himself and ONLY GOD for all'.