

## Ode to the Vintage Years

Since I'm an old lady, I can at least speak my mind, I don't care what "they" think and that's all of mankind; I catered to parents, to spouse and in-laws My children took second to many a cause, But now that I'm freed up, I can refuse a request; I'm getting so me-ist, I say NO with great zest!

Aging to some is a time of despair. To me it's a chance to breathe the fresh air I totter about in on my arthritic limbs, My vision is dimmed I need glasses with rims, but expounding the worst is not productive, at best, I refuse to slow up as my family suggests.

Since I'm an old lady, I get away with a lot. I just tell the folks, "I forgot, I forgot!". Aging to me is a time of adventure. There is no time for compliance or censure. My advice to you all, is to cherish your dream, then become an old lady and let off some steam.

I wish you good aging, for the "best is yet to come".

Ora M.DeJesus, RNC, MSN, GNP Professor, College of Nursing Executive Director of The Gerontology Center University of Massachusetts, Dartmouth