

## **Aging**

Milton found aging to be a process of increasing tiredness. Needing naps. Waking up slowly, pushing himself from bed rather than leaping. Gut problems draining his energy (took a long time to realize it.) B-12, Magnesium, prescription pills. Dreading walking a few blocks, arthritis pain and no energy, he shuffled. Seeing something new every day was fine, but first you had to get there.

More pills. More naps. More restless leg at nights. Milton was doing more, but not more of what he wanted. Life should be about doing more, not less. Especially when you have less days, not more.

He'd heard advice about acceptance, about enjoying what you had. Those were rationalizations for defeat. For him, life should not be on the couch in front of the TV, remembering what he once was able to do. Life was not about frustration. Well, yes it was. But Milton refused to admit it.

Ironically, refusal was what kept him going. Screw it. Although he did wonder why the words we have for physical love are the same as for making bad mistakes.