

Counselor's Corner: Aging With Grace



By CJFS Clinical Director Robin McMillin, LCSW

Let's face it, there are few people who *WANT* to grow old. For centuries people have sought the key to youth and our culture certainly reinforces its value. In reality, aging is not a process that we have much control over--every year, we are another year older--and, of course, as we age we face or own mortality. Wrap all of this together and it can leave a person moving into the later stages of their life feeling uneasy at best.

What people approaching their "golden" years often fail to recognize is that, in fact, there exists great meaning and purpose in becoming an elder. It offers new opportunities to enjoy grandchildren, to share ones' experience and wisdom, and to explore new hobbies and relationships. Taking the time to face our fears and challenges and reframe our perspective on aging can be the difference between living life to the fullest and waiting for life to end.

CJFS is offering a new interactive discussion group for women who want to celebrate and embrace "Aging with Grace." We will share the themes within our lives, discover our own proud elder, discuss our fears, gather new skills, and define what is meaningful for our next life chapters. We will explore our aging concerns and joys and enjoy each other's sharing with compassion, laughter and empathy.

If you are over 60, I hope you will consider joining Gail Schuster and me for this exciting group. Together, Gail and I have over 50 years of experience working with women at every stage of life. We will meet for six consecutive Tuesday afternoons beginning on February 11, from 1:30–3:00 pm. For more information, or to register, contact Daria at 879-3438 or daria@cjfsbham.org.