



Downtown 2



Union Square

July 2015

Maintaining a Positive Attitude

“What do you do to maintain a positive attitude as you age?”

We all know that we’re going to encounter some challenges as we age. Here is how some of our members have dealt with them:

- Several members think about how much worse some other folks’ lives are, and are grateful that they are able to do what they do.
- Some of us use our sense of humor when we start feeling sorry for ourselves.
- One member does something constructive, which gives her a sense of accomplishment, and another finds something to do to distract herself from whatever is causing her negative feelings,
- One member thinks about the lyrics to a humorous song about crying, which lightens her mood.
- All members have some sort of To-Do list and feel good when they can cross things off. (One member said that, if she does something that’s not on the list, she adds it to the list so she can cross it off!)
- Finally, one member found a You-Tube video called Memory – A Spoof with Pam Peterson, which is a parody of the song “Memories.” Highly recommended if you need a good laugh