

HEALTHY AGING **ANOTHER PERSPECTIVE**

Healthy or positive aging entails accepting this stage as normal and as a part of life. But aging individuals can be separated into three groups or “rooms”: 1. The Positive Aging Room 2. The Practical Aging Room 3. God’s Waiting Room. People in the Positive Aging Room maintain a positive mindset and a healthy lifestyle and are engaged fully in life. Those who belong to the Practical Aging Room try to age gracefully while also being aware of their mortality. As for those in God’s Waiting Room, they simply sit and wait for their names to be called to leave this life.¹

Omar and Olga Ponce, two of our members, gave their perspective on aging. They are a vibrant couple who motivated me as we chatted, and they are definitely in the Positive Aging Room.

“Aging is fantastic! I am physically old but I feel young. I am seventy-six years old, Olga my wife is seventy-three, and we have been married for fifty-two years, and are both retired RNs. We have three children, two daughters and a son. We are so happy!”

I could feel their joy and excitement as they finished each other’s sentences.

“Positivity is the key,” he went on to say. “You can’t let negative emotions penetrate your mind. I don’t listen to the news; the media charges you with anxiety and depression. We have a

message to give to the world, and that is to be calm and act peacefully.

I stay active, although with my ‘bad knee’ I can’t take long walks, but I bike and I love playing basketball. Healthy eating, enjoying nature, keeping my heart and lungs healthy, and my blood pressure low are all part of the plan.

My advice to others is to follow Jesus, read the bible, and be open and ready to learn. Pray for one another is the greatest ministry that God gave us. Be willing to help.

Drink water, exercise, meditate, contemplate Jesus’ goodness, enjoy nature, the color of the sea. All these things have great psychological benefits.”

“We are happy,” said Olga. “I love my husband. We enjoy our grandkids, tucking them in bed at night, praying with them, planting the seeds of faith, love, and patience.”

Omar and Olga enjoy going on cruises and they often travel to visit their two daughters and son who live in different cities. Omar is one of Miami Temple’s elders, and both he and Olga are great assets to our Community Services and Hospitality Ministries.

¹ Richard Eisenberg, Forbes “The Power of Positive Aging and How to Live That Way” <https://www.forbes.com/sites/nextavenue/2020/06/11/the-power-of-positive-aging-and-how-to-live-that-way/?sh=3fcd982c5f12>

Omar and Olga Ponce

