

This card—**George Carlin’s Views on Age**—is Number 17 in a series of “Diversions for You and Your Friends” created by Arlene Harder, MA, MFT, Support4Change Blog.

Being sick or having a major problem in your life is a pain in the neck. This is because, in large part, any situation that negatively impacts your life forces you to think about *it*, rather than more pleasant things. That is why this card is designed to **take your mind off your troubles**, at least for a while—and you can find more diversions every Monday on the blog.

(Be sure to read to the end of Page Four.)



As I’ve thought about the passing years—who doesn’t when she lives in a retirement community—I remembered a piece by George Carlin called “Views on Aging.” Thought you might enjoy it.

At first I couldn’t think of a picture that would go with this diversion card, but when I looked at some of my old pictures, I found this one from 2004 when we visited my new grandson in Fortuna, CA.

I think all of us who are fortunate to be grandparents have similar feelings when we look at the face of these little ones who have come into our lives. We wish them well and won-

der what their lives will be like. How similar to, or different, from ours will they be?

How will they approach their birthdays? What will they think about the passing years and the added candles on their cakes?

Perhaps you've heard Carlin's observations before, but it is worth repeating because his views of age are amusing, and seem fairly accurate.

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

*"How old are you?" "I'm four and a half!"
You're never thirty-six and a half. You're four and a half, going on five! That's the key.*

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . . . you become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you

REACH 50 and your dreams are gone.

But wait!!! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday!

You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I Was JUST 92."

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half!!

Incidentally, my father-in-law, who lived until a couple months before his 100th birthday, didn't like the way the years were adding up. So he started counting backwards when he reached 80. There came a time when my husband was older than his father!

May all your years, no matter how you count them and no matter how many candles there are on your cake, bring you everything you wish for — if not this year, then soon.

QUOTES FOR TODAY

"How old would you be if you didn't know how old you are?"

— Satchel Paige (1906-1982)

"I have reached an age when, if someone tells me to wear socks, I don't have to."

— Albert Einstein (1879-1955)

"Do not try to live forever, you will not succeed."

— George Bernard Shaw (1856-1950)

"By the time you're eighty years old you've learned everything. You only have to remember it."

— George Burns (1896-1996)

"Too many people, when they get old, think that they have to live by the calendar."

— John Glenn (1921-2016)

"At age 20, we worry about what others think of us. At age 40, we don't care what they think of us. At age 60, we discover they haven't been thinking of us at all."

— Ann Landers (1918-2002)

"Grow old along with me! The best is yet to be."

— Robert Browning (1812-1889)

*I hope this card helps you create a little
peace, joy and love in your life*