

# In the Belly of the Beast

Perspectives on Aging, Planning and Resources

A Senior Financial Life Newsletter

## For Our Readers:

Aging happens so gradually that we hardly notice it until its cumulative effects force us to acknowledge changes - little wrinkles beginning to form around our eyes, slowing down in the gym, our memory being less sharp than it used to be ...

With this in mind, we are creating this blog to discuss important issues such as:

- What is it like to grow older
- What Makes Life Meaningful
- Second acts
- Financial concerns
- Legal issues
- Health and wellness
- Caregiving
- End of Life issues

We invite our readers to share their stories, comments and ideas; to join our community of caring people looking for assistance, information and camaraderie.



Aging is a journey that unveils new layers of life's tapestry. As I've grown older, I've come to appreciate the beauty in the passage of time. There's a certain richness that comes with each passing year, like chapters added to a well-worn book. I've collected stories, lessons, and memories along the way, each one shaping who I am today.

There are moments when I feel the weight of years gone by, a nostalgic longing for the days that seem so vivid in my memory. Yet, there's also a sense of liberation in embracing the present, savoring the simple joys and the depth of connections formed over a lifetime.

There are challenges too—physical changes that remind me of my mortality and the adjustments required to navigate a world that's constantly evolving. But within these challenges lies resilience, the strength to adapt, and the wisdom to find contentment in the midst of change.

Above all, aging has taught me the precious value of time. It's a reminder to cherish every sunrise, to relish conversations with loved ones, and to pursue passions with a newfound sense of urgency. Age is not just a number; it's a collection of moments that shape the narrative of a life well-lived.



# In the Belly of the Beast

Perspectives on Aging, Planning and Resources

A Senior Financial Life Newsletter

## What Makes Life Meaningful

People experience aging in various ways, both physically and emotionally. Physically, the body undergoes a range of changes such as decreased muscle mass, reduced bone density, changes in vision and hearing, and a decrease in skin elasticity. These changes can impact mobility, strength, and overall physical abilities.

Emotionally, aging can bring about a mix of feelings. Some people embrace the wisdom and experience that comes with age, feeling more confident and secure in themselves. Others may struggle with the idea of getting older, feeling anxious about changes in their appearance, health concerns, or societal attitudes toward aging.

Life experiences, health, genetics, and lifestyle choices can all influence how someone perceives and experiences the aging process. It's a deeply personal journey that varies greatly from person to person

Aging is a complex and multifaceted experience, and each person's perspective is unique. Here are some common themes that emerge from personal perspectives on aging from the aging themselves:

### Acceptance and Gratitude:

- Many acknowledge the physical changes and limitations that come with age, but also express acceptance and even gratitude for the wisdom and experiences gained. They view aging as a natural part of life, not a disease to be conquered.
- Some find a sense of liberation from societal expectations and pressures, leading to greater self-acceptance and less concern with external validation.

### Purpose and Meaning:

- Finding or maintaining a sense of purpose and meaning in life is crucial for aging well. This can come from continuing work, pursuing hobbies and interests, spending time with loved ones, or engaging in volunteer activities.

### Loss and Letting Go:

- Loss of loved ones, physical abilities, and independence can be a source of grief and sadness. Learning to cope with these losses and finding new ways to live a meaningful life is a significant challenge.
- Letting go of control and embracing vulnerability can be difficult, but it can also lead to a deeper appreciation for the present moment and the simple joys of life.

### Purpose and Meaning:

- Finding or maintaining a sense of purpose and meaning in life is crucial for aging well. This can come from continuing work, pursuing hobbies and interests, spending time with loved ones, or engaging in volunteer activities.

Many find a renewed focus on spiritual life and connection to a higher power, offering comfort and peace in the face of uncertainty.

### Second acts - Resilience and Growth:

- Facing the challenges of aging can build resilience and lead to personal growth. Learning new skills, overcoming obstacles, and adapting to change can be empowering and contribute to a sense of accomplishment.

Many find that aging can be a time of rediscovering oneself and exploring new possibilities, leading to a more fulfilling and authentic life.





# In the Belly of the Beast

Perspectives on Aging, Planning and Resources

A Senior Financial Life Newsletter

## Financial Concerns

Everyone worries about money, especially after retirement when there is no paycheck to rely on. One reason for concern is because without knowing how long you are going to live; it is almost impossible to know how to budget resources. And then, there are unplanned expenses such as home and auto repairs, long term care, etc.

Now is the time to make sure your financial life will support future needs. Create a budget, review investments and insurance, consider reverse mortgages or selling unneeded life insurance. It is also a time to make sure your investment income doesn't trigger higher taxes than necessary.



## Legal Issues

At the very least, we all need a will. Beyond that it is recommended that we also have an advanced directive to deal with what treatments we will and will not want at the end of our lives. Keep in mind that standard advance directives take effect only when one of two conditions is established: 1) terminal illness and 2) permanent unconsciousness. You may still need a DNR. A POLST to cover your wishes outside of a hospital and addendums that address the issue of being able to make decisions if you are diagnosed with dementia or Alzheimer's Disease. And make sure to appoint a healthcare proxy who you are confident will make sure your wishes are enforced.

We hope you enjoyed our first edition of "In the Belly of the Beast". Our hope is to develop this into a conversation piece where all topics around aging can be explored. We welcome your input and participation. Here is just a sampling of future topics to be addressed:

- Protecting income from taxation at retirement
- Is using your home's equity to pay for unexpected expenses a good idea?
- How to choose a caregiver, home health agency, assisted living facility and more
- Why you need more than just a living will to ensure your treatment choices are carried out
- End-of-Life decisions and preparation

Please visit us at: [www.SeniorFinancialLife.com](http://www.SeniorFinancialLife.com) and click on [Contact Us](#) to add your comments and suggestions

*SeniorFinancialLife.com*

Retirement, Long-Term Care and the End-of-Life