



What They Don't Tell You About Getting Old!

By Roger Rosenblatt

This essay recently appeared in the New York Times. To read the complete essay, go to <https://www.nytimes.com/2023/09/30/opinion/aging-old-wisdom.html?smid=nytcore-ios-share&referringSource=articleShare>

I recently turned 83, and while there are many joys to getting older, getting out of taxis is not one of them.

What you don't want to do is get your left foot caught under the front right seat before you try to swing your right foot toward the door; otherwise, you topple over while attempting to pay the fare, possibly injuring your ankle and causing the maneuver to go even more slowly. If you make it past the taxi door, there is still the one-foot jump to the street. You're old. You could fall.

And that's when it is just you in the taxi. If some other old person is with you – friend or spouse – there's a real possibility of never getting out of the vehicle. You might live out the rest of your days in the back seat, watching Dick Cavett do real estate ads on a loop.

"Old People Getting Out of Taxis," I was thinking of making a film with that title, if I knew how to make a film. Figure it would run four hours. I asked an actor friend, also old, if he'd star in it. His response: "If I can get out of my chair."

It's no joke, old age. It just looks funny. Mel Brooks latched on to this in his 1977 film "High Anxiety" with Professor Lilloman (pronounced "little old man"), a stock character who moves at a turtle's pace, mumbles, whines as he goes, equally irritated and irritating.

I used to find the professor a lot funnier than I do now. Slow? Merely to rise to my feet in a restaurant takes so much angling and fulcrum searching; the waitstaff takes bets on whether I will do it at all.

Old age isn't what the books promised it would be. Literature is littered with old people for whom the years have brought some combination of wisdom, serenity, authority and power – King Lear, the ageless priest in Shangri-La, Miss Marple, Mr. Chips, Dicken's Aged P, crazy Mrs. Danvers. In fiction, old folks are usually



Don't prescribe anything for my memory; I like it when I forget I'm old.

impressive and in control. In life, something less.

I can't think of anyone who has come to me for wisdom, serenity, authority or power. People do come to sell me life insurance for \$9/month and medicines such as Prevagen, which is advertised on TV as making one sharper and improving one's memory. Of course, that is beneficial only to those who have more things they wish to remember than to forget.

One thing I need to remember is which day for which doctor. Two years ago, my wife and I moved back to New York City after 24 years of living by-the-sea. The city is safer, we thought – just in case we may ever need to be near medical facilities. Since our move, not a day has passed without one of us seeing a doctor, arranging to see one or thinking or talking about seeing one.

To be sure, old age has compensations. Grandchildren. Their company is delightful, partly because they think you have something useful to impart. Waitresses tend to treat you sweetly. Doormen and maintenance crews show respect. And there are positive or harmless activities for the over the hill. Women take up watercolors and form book clubs. Men find loud if pointless camaraderie in diners and on village benches all over the country. Hey, old-timer.

You Don't Want to Miss These Upcoming Programs

Fri, November 10 Join Kathleen Noonan for "With Father Killeen in Your Town, You Don't Need a Police Force" in which she talks about the Catholic Church and immigration in 19th C New Jersey.
10AM, Accolti Room

Friday, December 8 Join the OWLS as we partake in our annual Christmas Party. Bring a dish to share and
11:30 AM, Maraschi come prepared to enjoy the Songbirds serenade us with Christmas carols.

Do you have a program suggestion for an upcoming OWLS meeting? We need your ideas; please contact Barbara St. Marie (bstmarie2000@yahoo.com.) or Marsha Holm (marsha.callholm@gmail.com).

Happy Birthday to You



Carola Shepherd	November 2	Bernadette Ku	December 2
Alberto Lapuz	November 11	Faye Tsang	December 9
Pam Hayward	November 17	Mary O'Connell	December 10
Helene Rosenthal	November 21	Barbara St. Marie	December 13
Grainne O'Brien	November 21	Father Greg	December 19
Joe Koppel	November 26	Baby Jesus	December 25

Let Us Pray

From the OWLS

Mila Cwiklinski (healing)
Jay Davies (healing)
Elsa Mederas (healing)

From the Parish

For the sick and infirm of SI Parish
For the intentions of the Pastor

From Pope Francis

For the Holy Father as he fulfills his mission to accompany the flock entrusted to him.
For persons living with disabilities; that institutions may offer inclusive programs which value their participation.

Do YOU know of someone who needs our prayers? Please let us know; contact Marsha (marsha.callholm@gmail.com) .

You can access the full SI website at <https://stignatiussf.org>.
Check out the OWLS on the Saint Ignatius website (<https://stignatiussf.org/senior-ministry-owls>).

Some Trivia

A Shot of Whiskey: In the old west a .45 cartridge for a six-gun cost 12¢, so did a glass of whiskey. If a cowhand was low on cash, he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

Why do we call it a cobweb? The old English word for "spider" was a "cob".

Hot Off the Press: As a paper goes through a rotary printing press, friction causes it to heat up. When you grab the paper right off the press, it is hot. The phrase, of course, refers to getting immediate information.

Why do we call them barrels of oil? When the first oil wells were drilled, there was no provision for storing the liquid so they used water barrels; hence barrels of oil.

What about over a barrel? Before CPR, drowning victims, were placed face down over a barrel and the barrel would be rolled back and forth to empty the lungs of water. Rarely effective; consequently, if you are over a barrel, you are in deep trouble.

Submitted by Maddy Davies

Announcements

We want to thank Maddy Davies for contributing to the newsletter.

We are always looking for book or movie reviews. This is your opportunity to see your name in print! Anyone interested? Contact Marsha (see above for email address)

Look for Barbara's email on the Wednesday before our regular Friday program. That will give you the latest information about the meeting.

Do you want to contribute to the success of the St. Ignatius OWLS? Ask a friend to join us at one of our fun, informative meetings. There is always room for more older, wiser, livelier seniors.

Good News from Maria Boden

From Maria Boden: "I would like to share the good news that after almost three years of treatment and a stem cell transplant on June 7th, I am free of disease and my cancer is in remission. Thanks be to God!

Any prayers for me should now be prayers of thanksgiving. I am deeply grateful and indebted to all who prayed for me and encouraged me along this difficult journey. You can be sure of my prayers for your health and intentions. I have missed you and hope to see you soon."



From our September meeting...

From Calder Storm, San Francisco Fire Department:

While there is no SF Fire Code that mandates a landlord or property owner must maintain a certain standard in regard to dryer ventilation, the fire department *strongly* recommends that dryer vent pipes be kept clear, and ensure that any vents/flaps going to the outside are also kept clear and unobstructed. Calder reiterated that he would encourage tenants to bring up concerns to a landlord or property manager if they were to notice lint buildup in either of those places, or even simply inquiring when the vent pipes were last cleared, as it is an extremely common cause of home fires.

And if you missed Calder's presentation, you can still access the valuable information he provided. The handouts are available on the OWLS webpage/St. Ignatius website at <https://stignatiussf.org/senior-ministry-owls>. Scroll down the page to "Resources" and look for "Fire Safety"

Tech Topics: Bluetooth Trackers

As I have gotten older, I sometimes have difficulty keeping all the balls in the air! That is especially true when I am traveling and have a couple of dozen small details to keep straight and act upon.

A recent article from CSAA extolled the advantages of using Bluetooth trackers as an added layer of protection for your purse, luggage, carryon, or even your pets. Leaving your purse behind in an airport restaurant or at security can ruin your whole vacation.

You can also attach the trackers to your bicycle, wallet/passport folder, KEYS, and the case for your glasses. We briefly considered using them for our granddaughter when she was going through a "runner" phase, but decided that it would just be a temptation' she would still run and hide AFTER she got rid of the device.

Most trackers, such as the Apple AirTag and Tile, use a low-power Bluetooth connection, meaning they depend on other Bluetooth devices in the area to help pinpoint the tag's location. The trackers do require a battery that needs to be changed about once/year. But a handy message is displayed when that is necessary.

Did you remember?

Annual flu shots are available and with flu season approaching the time is NOW!

But don't forget the COVID booster as well as the vaccine for Respiratory Syncytial Virus (RSV), which is recommended for most individuals over 60.

As always, check with your primary care physician before any medical treatment.



To Foster or to Shelve?

I recently attended a workshop and was asked to participate in an exercise identifying one quality that I would like to foster in my personal relationships and one characteristic that I would like to put on the shelf (in other words retire).




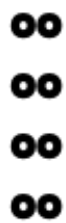

It made me think and while my initial response reflected my work in the organization sponsoring the workshop, those are excellent questions for all of us to consider. What characteristic would you like to nurture? How would it enhance your relationships with friends and family? How might it change your attitude toward life in general?

And if you could change just one thing about yourself, retire one element of your personality, what impact would it have? Try it.

Answers to the Rebus Puzzle (page 4)

1. For once in my life (four ones in my life)
2. Forget it
3. Try to understand
4. Travel overseas or overseas travel
5. Breakfast
6. Downtown
7. Eyeshadow
8. Stepfather
9. Once upon a time
10. Potatoes (pot 8 O's)
11. 3D movie
12. Top secret

Rebus puzzles **Can you guess the words and expressions?**

<p>M1Y L111F1E</p>	<p>Get it Get it Get it Get it</p>	<p>Try $\frac{\text{stand}}{2}$</p>
<p>$\frac{\text{TRAVEL}}{\text{CCCCCCC}}$</p>	<p>FAST</p>	<p>T O W N</p>
<p>EYE </p>	<p>father </p>	<p>ONCE </p>
<p>POT </p>	<p>D movie D movie D movie</p>	<p>SECRET  SECRET SECRET</p>

Look for the answers on page 3.

Want to take a break from the OWLS Newsletter? To opt out, contact us [here](#) and we will remove you from the mailing list. We will miss you!