

Simplicity of the aged

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As we age and gain the wisdom of our years, the really important things in life become more evident. We may experience regret for not paying attention to them sooner but the main thing is to make the most of this enlightenment now.

Have you ever thought or said, “Why does everything have to be so complicated!” We have!

In a recent grocery run, the cashier asked if I had a points card. She assured us that it was simple to sign up, we just had to give our phone number, so we did. By the time we had returned to our vehicle, a link was sent to me and now we had to fill out a whole page of information which felt like we were signing our life away.

Another password and another card for the wallet was the result.

Did we really need to complicate our lives with yet another points card? Probably not, and we know there are ways of consolidating the cards into one app but to us it's simply another complication.

There are so many such things that tug on our time and prevent us from doing the things that mean the most to us such as calling a friend, spending time with grandchildren even spending a few moments just peacefully in silence. We need to ask ourselves ‘what changes could I make today, to allow more time for the things we value most’ whether it be family, our hobbies, friends, volunteering, or deepening our faith to name a few.

We also must consider that as we age, our physical abilities can start to dwindle and we need to protect ourselves from unnecessary risk of injury that can occur doing tasks that may be a bit more difficult for us now. So here are some tips to simplify your life to allow more time for the important things and to keep us safe as we age.

1. If you're a gardener consider a raised bed or using pots instead of planting in the ground. Check out ‘Evergreen Seniors’ on You Tube.
2. Reduce the number of cards in your wallet. Don't have more than one credit card and keep it paid off if possible. Credit card debt causes stress. If this applies to you consider reading the ‘Dave Ramsey’ book for help.
3. Get a haircut that is simpler to maintain.
4. Limit time on social media including the news. This could be addictive and often takes you down emotionally more than it lifts you up.
5. Declutter your home. Check out the book called “Swedish Death Cleaning”.
6. Take time for solitude, like sitting on a park bench, listening to peaceful music while you sit still, focusing on the present moment feeling gratitude for what has been good in your life.
7. Improve your bedtime routine so that you get a decent sleep. Consider cutting out sugar, limiting screen time just before going to bed (no TV in bedroom), have an organized bedroom which is peaceful. These actions can give you the energy you need during the next day.
8. If your budget allows, hire someone to clean the house, do the snow removal, cut the grass, clean out the eavestroughs etc. Don't risk doing things that could cost you a life altering injury.

In compiling these thoughts, we realize that sometimes, the biggest obstacle confronting us to make changes like some of those listed here, is admitting that we aren't 20, or 30, or 40 anymore. Internally we can have all the zest for life we want but we must act practically when it starts to become apparent that our stamina, our strength, our agility are just starting to dwindle a bit and make some proactive decisions before our inactions force us to. Remember, we're supposed to be getting wiser as we age.