



### **"Thinking 85 When You're 70!"**

By: Chuck (Berry-Hoover) Boles

All my life I've felt youthful, relevant and, most importantly, excited about my future. My life plan has been an "endless red carpet" of good experiences, always rolling forward with faith and anticipation of more good things to come.

The abundant blessing of enjoying a life filled with great family, career & geographical mobility, friendly community, positive outlook, immeasurable freedoms, and endless options would never end!

#### **Then I hit the BIG 7-OH! Ouch!**

I began to question if my "red carpet" would last forever. I pondered wisdoms such as "Life's tragedy is that we get old too soon and wise too late!" (Ben Franklin), and "Teach us to number our days, that we may gain a heart of wisdom" (Psalm 90:12 NIV).

#### **Hmmmm, how do I think old when I feel so young?**

Like many, I tend to defy the truth that my life options and independence will shrink with advanced age and diminished future. A future that is accelerating fast-forward as time seemingly zips by faster with each passing year! (The latter being part of my aging process?)

#### **I needed to take a new view of my future!**

But how? **Hmmmm, If only I could have a conversation with "my Future Self", namely my 85 year old self.**

Having no time machine, I went about creating a "collective 85 year old self" by simply interviewing folks 15 to 20 years my senior.

The results revealed several points of advice which I gladly share with you and those who might care about you.

- **First, Let Go of the Past:** Unclutter that stuff!  
OK, don't deny it! You have too much stuff and it's time you CONSOLIDATE all that clutter and stuff you've accumulated over the years! It's holding you hostage, you know!! (By the way, don't expect your kids to have any interest in "Grandma's china and silver".) Put all that stuff you don't need, use, fit, or want into one room (the "Clutter Room") of your house. Then, get a trusted resource to help you clean out the "clutter room" and LIQUIDATE all that stuff! Turn it into cash or donate it to charity.

- **Second, Anticipate the Future:** My Grandfather Hoover said "Health is Wealth!" Regardless of how well you feel, continue to exercise, eat healthy, and consider having a caretaker plan in place.....JUST IN CASE!
- **Third, Get Your Affairs in Order:** Avoid allowing yesterday's risk to become tomorrow's gamble! Get your Legal, Financial, Insurance, Family Affairs, and most importantly, Spiritual life in order! When was the last time you had your legal documents updated (or even reviewed)? Do you have an Advanced Medical Directive? Power of Attorney? Do you have a written financial plan for the future? Are your documents in a safe place? Do your heirs know where to get them?
- **Forth, Be Prepared to Adapt and/or Move:** Possibly the lovely home you've lived in for many years can be renovated so you can enjoy aging-in-place or circumstances might lend consideration to relocating into the home of an adult child or into an adult community.

I'm feeling better about my endless carpet by listening to advice of my 85 year old self who says: "*Chuck, be prepared to accept change and life altering events as your new found and most constant companions!*", and "*Chuck, Don't Delay in doing Now whatever you can to reduce the risks and stresses associated with your 'out years'*".

So, there you have it! I'm all set.....now, all I have to do is convince my wife's "85 year old self" to agree with me!

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DNR 9-16