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July 21, 2012

JUST A TIP

This is never supposed to happen.

It was Motorcycle Weekend and I had traveled with a large group to a gathering where we parked our bikes at the far edge of a very hilly field. On leaving this field the upside of the hill is to my left and so is the way out. Of course now it is completely dark (no lights in a field!), the grass is a little dewy and I am having a little trouble figuring out exactly when to begin making the turn up the hill while riding on the side of the hill. This was no time to hesitate – but that’s just what I did and I made the huge mistake of backing off the throttle. I put my feet down but between the slope of the hill and the grass my right foot slipped and both the bike and I went over – and to the downhill side no less!

Fortunately the damage was limited to a bruised ego and my wounded pride. It is more than a little embarrassing to tip your bike over! The good news is that I am at an age where it is getting much easier to accept my mistakes and not to be overly worried about what other people think.

On a good day standing up an 850 pound motorcycle can pose a real challenge (but it can be done single handedly) but in the dark and with it leaning downhill – it could have been a major problem. Fortunately I was with a great group of guys whose combined effort made very short work of getting me back upright. Having learned my lesson about what not to do when traversing grassy slopes – I hit it hard on the way out and had no further trouble getting back to the relative security of pavement. We are never too old to learn something new.

I was very fortunate in that I was traveling with a great group of guys who not only were willing to help – they were glad to help.

Every day I meet with people who are considering making a lifestyle change that will take them from going it alone --- to one that will bring them into a supportive

community. It isn't usually because the 'have to' it is because they 'want to'. They can get by going it alone but they risk losing two very important things:

The first is the security of knowing that if something goes wrong --- that there is help readily available.

The second is that often times doing things as part of a group can be more fun!

For me on this little ride of mine --- not only did I have the pleasure of riding with a great group of guys --- I had the added benefit of knowing that if something went wrong (and it did!) that they were there to help (and they were!).

Active senior and continuing care retirement communities can be a wonderful way of enriching one's life by adding to the mix that which we cannot do by ourselves --- interaction with other people! It's not at all about what you give up -- it really is about all that you gain. And what you gain is that sense of security that allows you to enjoy the social part of being part of a community. Living in a community doesn't at all mean giving up any privacy -- but it does mean that you open the door to being social when and how you want to.

My little motorcycle adventure showed me both how much more meaningful and fun it can be to travel with a group of like minded people -- and how when problems arise -- that being part of that group can make all the difference! It's not that I don't still enjoy riding alone -- just that it is also a comfort to know that you have the opportunity and security of riding with a group.

Keep the shiny side up!

Age Well!

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