

Treemont offers 'truisms' for all ages

"In the beginning...."

You've heard it said — old age brings wisdom — but others say that is only partly true, that sometimes old age comes unaccompanied, joined only by wrinkles and aches.

Whatever the case, my observation is that surrounding me at Treemont are a disproportionate number of truly wise men and women. The fact that most of them are seniors leads me to believe that whether it is age or experience or just inborn smarts, these people are gifted with uncommon good sense.

Even among these sages there are differing opinions about New Year's resolutions. Some regularly use the first few weeks of the year as time for reflection, taking stock, and resolving to improve what they perceive as lacking within themselves. Others avoid such commitment like the plague.

One feisty resident octogenarian has written the following. Though clearly articulated with tongue in cheek, who can say whether it is intended as a reminder for others or as part of a warning to herself? Nevertheless, it carries a message for all of us, of all ages.

How to have a miserable 2011

■ Be picky and finicky. It's a great way to show off your superiority.

■ Don't listen to any other point of view than your own. Your mind is made up. Why confuse it?

■ Be careful not only to hold your convictions, but to condemn as stupid or irresponsible anyone who disagrees with you.

■ Never laugh or even smile. Life is serious business.

■ Fill your schedule so you're always under pressure, and so you don't have time to get to know the people around you.

■ Expect others to cater to your whims, and constantly demand your rights.

■ Never express or show in any way appreciation or gratitude for the people who serve you. That's what they're paid for, and they will perform better with a brusque reprimand now and then.

■ Dwell on what's wrong with the world, your physical environment, the people around you, your personal disappointments and aches and pains. Ignore and forget any blessings or positives in your life.

■ If these don't do the job, go back into the past to dig up past offenses and disappointments. Emulate the Dickens' character who declared, "I'm a lone, lorn woman, and all the world goes contrary with me!"

From the opposite end of the spectrum, Happy New Year from Treemont.

By Lois McCall, Treemont resident