

Community Comment – June 19th, 2018

By Jon Sapper

Growing Older Ungracefully

After retiring about a year ago from being a regular Community Commenter, Erin Dunn asked me if I'd fill in for one comment. I said, "OK, as long as you aren't like Brian Papstein who asked me to do ONE years ago that led to five years and 128 Community Comments. She assured me, just one.

I was trying to think of what to talk about. As I started to sit down in a chair to give it some thought, my back gave out and I almost ended up on the floor. "That's it!" I'll talk about the joys of growing older.

Years ago I used to laugh when I was around older folks. It seemed like all they ever talked about was what ached, what hurt, what body part didn't work, when their next doctor appointment was, what medicine they were taking, what their doctor told them, what their own research on the internet showed after typing in their symptoms, etc. etc. etc.

Well, a couple of nights ago after having dinner with two friends I've had for over 50 years, I listened to their conversation. One of them said, "I can hardly put my socks on any more. I sit on a chair, try to bring one foot up and rest it on my knee while putting one hand in the sock and taking a swipe trying to get it over my toes. My foot rarely gets to my knee, but, if I get the sock over my toes, I'll grab the top of it and pull it on my foot the rest of the way. It works pretty good, except when I get a charlie horse from bringing my leg up.

The other friend responded, "You should see me. I can't go three hours at night without waking up from rolling over on my bad shoulder. I think I have a pinched nerve or maybe a rotator cuff problem. You can't believe how much this thing hurts. And, when I do get back to sleep, I wake up again within an hour because I have to go to the bathroom. This goes on night after night after night.

Well, I stood there listening to this for almost ten minutes. It reminded me of that dueling banjos music years ago. You remember that one? We could update that tune to fit my two friends and the back and forth I just listened to. We could call it Dueling MRI's. That was an attempt at humor.

Well, I'd had enough of this stuff and didn't really have anything I wanted to contribute, so I asked them to please excuse me. I left the kitchen, walked into the bathroom, took two Aleve for my back and went and laid down on the couch.

Oh yea, today is my birthday..... Wonderful..... Another reminder.

This has been Jon Sapper for Community Comment.