

## **The Great Adventure**

*In 1996, the late Duncan MacBryde, an early Pines resident, wrote about aging in The Pinepost, the Residents' Association newsletter. Excerpts of his essay follow.*

What some people resignedly refer to as “getting old” is (at least in my view at 85) one of life’s greatest adventures.

The question is, what is our attitude about this business of aging? Too often aging is thought of as a whole bundle of problems; that aging means loneliness and sickness. I was never lonelier or sicker than at the age of five, when I nearly died of scarlet fever. But my age had nothing to do with it. Aging and indisposition are not the same!

My wife and I, living in this closely-knit retirement community, have often been struck by the thousand-and-one ways in which loving and caring mark our days. Think of the long list we could compile of what the poet calls “the little, nameless, unremembered acts of kindness and love.” There is the little note tucked in a neighbor’s door, the whispered hello to the friend in Health Care, the bag of fruit hung on an apartment doorknob—the list is endless. Life is fragile, our bodies cannot last forever, but love is eternal!