

The Golden Years Bring Frustrations

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Before a great many of you reading this ask the question, what is that old coot talking about, I will explain it before getting into it.

I find myself frustrated with everyday common ordinary tasks I routinely did as a matter of course without thinking or difficulty. This is some random thoughts on them and an explanation of why I think they are worth noting.

Older readers will empathize with and relate to much of what I have to say and the rest of you, if it does not bring a smile to your face, are forewarned as to what to expect in your later years.

I'll start by forgetting to put the trash out a week ago today. What's so hard about remembering to do a simple repetitive household chore such as that? Well, it's got to be for our family. It's embarrassing to have to admit that you have to put a note on the kitchen counter the night before to do it. Harder yet to swallow when you oversleep and get up too late to follow your own instructions.

How many of you out there are at the point where you dread backing up with your vehicle in your own driveway without fear of coming in contact with some object?

I constantly remind myself to be more cognizant of what I need and intend to do and raging at myself when I fail to do it.

I congratulate myself of a Sunday morning when I fill the compartments of my weekly pill container if I can get all five pills in each space without dropping one on the floor. What's worse is to find later in the day that I have forgotten to take one.

I asked myself the other day how can a guy who struggles to get his socks on expect to outsmart a turkey? When he then goes out and misses one completely, with a shotgun load of number 6 shot at 30 yards, the question, "why do you even try" becomes relevant. The answer, of course, is you cannot believe things have gotten so bad so quick.

It's embarrassing when your small grandchildren have to show you how to operate the remote on the TX and open re-closable packages. Ever notice how hard it is to get through some candy bar wrappers with store-bought teeth?

Old acquaintances send me lists of quotes from others in our age bracket that begin to make sense, such as:

Old is when.....

- You change your underwear after every sneeze
- Getting lucky means finding your car in the parking lot
- An all-nighter means not getting up to pee
- Getting a little action means I don't need to take any fiber today
- You are cautioned to slow down by your doctor – not the police
- A sexy babe catches your fancy and your pacemaker opens the garage door
- Your sweetie says "Let's go upstairs and make love" and you answer "Pick one; I can't do both"

I picked up my boat trailer the other day after having some repairs made on it. I wheeled right into the yard at home, forgot I had it on the hitch, cranked the truck around and put a big dent in the fender and a 70-degree angle in the tongue of the trailer. It's called taking one step forward and two back.

Come to think of it though, I guess things have not gone too far for me. Years ago on two different occasions when I was a lot younger I tried driving into the garage with a boat on the truck rack.

I am feeling a lot better already just thinking I remembered it.