



Positive Living is More than Just a Way of Life...It's a Choice!

Have you ever walked down the street and seen someone whose smile just radiated off of their face? Whose entire disposition, no matter how sick or tough their life might be, is always able to see the best that life has to offer?

At times those positive people amaze and tire us. We think, "Why can't we be more like them?" "How do they always see the silver lining?" The truth of the matter is that no matter how positive someone's outlook might be they still have their ups and downs. It is how they choose to meet those trials and tribulations that make all the difference.

As we get older it is easy to focus on the things that we can no longer do such as driving our car or eating that second or even first piece of chocolate cake. In fact, it is easy to get stuck in the "poor me" rut of life, especially as our Wisconsin winter drags on. However, it is important to remember that as easy as it is to focus on the negative, it is just as easy to focus on the positive. You simply must make the choice to do so.

Recently, I was reminded of this when I ran into an older woman at the L.E. Phillips Senior Center. She walked with a cane, but seemed to be in good spirits considering the blustery, cold weather. I politely asked her how her day was going and she turned and looked me straight in the eye and said, "Honey, I'm 91 years old and alive...that's all that matters. The day is GREAT!"

I stood there astounded! For this woman simply living another day was great!! It didn't matter that she walked with a cane, that she had outlived many of her friends or that it was below freezing temperatures outside. She chose to celebrate the day because she had yet another day to experience.

This choice is what we all need to focus on no matter what our age. We have the ability to choose what attitude we will have about our lives. We can choose to be negative and talk only about those things that hinder us or we can choose to focus on those things that we can celebrate in our lives such as our ability to continue walking even if it means using a cane or the ability to breathe fresh freezing air without the aid of oxygen or our ability to remember those friends we have lost while creating new friendships and memories.

Even when we do not consciously choose to act or feel a certain way our psyche is making that choice for us. Therefore, as soon as our eyes open in the morning it is important that we consciously choose to be in charge of our lives and in whether or not we will have a "great day."

It is said that by giving a smile odds are you will get one in return. The same can be said about positivity. By choosing to be positive you not only enhance your life, but the lives of those around you. Just think how wonderful your life could be simply by choosing to have a "GREAT DAY!"

Azura Memory Care offers a unique model of memory care services and programs for those suffering from dementia and Alzheimer's. The company believes in the importance of transforming the culture of care through transformational programming and educational outreach. Azura Memory Care offers 13 locations in Wisconsin including Beloit, Clinton, Eau Claire, Green Bay, Janesville, Kenosha North, Kenosha South, Manitowoc, Monroe, Oshkosh, Sheboygan, Stoughton and Wausau. Visit www.azuramemory.com for additional information.