

Alive at 105! by Mark Matteson

Frank Sinatra sings, “To be alive at 105!” I love that attitude and goal. As I approach my fifty-third birthday and reflect back on the past year, I realize that I am half way to my goal—*to be alive at 105, with quality of life!* Once we set the goal (WHAT and WHY), the HOW always shows up. Here is a peek into my journal notes on longevity. I hope they add years to your life and life to your years.

Esther Tuttle, 99 years young, was profiled in a recent article in the *New York Times*. She is among the growing list of centenarians whose numbers in the United States have swelled from 38,300 in 1990 to 96,548 in 2010! She wrote a self-fulfilling, prescient e-book on iUniverse, *No Rocking Chair For Me*. What is her secret to a long and fruitful life? Here are the high points:

- Lifestyle! She writes, “It’s a whole attitude. I am blessed. You’ve got to work, be cheerful, and look for something fun to do!”
- The 3-Rs= Resolution. Resourcefulness. Resilience.
- A careful, low-carb, high-protein diet. Her regular breakfast is oatmeal, a banana, an orange, juice, and black coffee. She has spurned dairy products her whole life.
- Hard work. “I have never even thought of retiring.”
- Regular exercise. For her, an hour of yoga and two walks a day!
- Be an optimist. It’s a choice, a simple choice!
- Develop an extensive social network of friends.
- Maintain strong family ties.
- Find the humor in life. Laugh every day!

Here are some other quotes from a few of Esther’s friends:

- “I always put anything disagreeable or bad out of the way. That is the secret of a long life. Avoid emphasizing anything bad or evil. Get rid of it. Rise above it.” —Travilla Demming, age 100, from her book, *Darling This, Darling That*

Last Sunday, I thought it would be appropriate to read the book of Job. I read it in one sitting. What an amazing story. Perhaps you remember it from Sunday School? *To test the faith of this good and wealthy man, God strips him of all his possessions.*

But Job had faith. He had faith, even after losing everything, and I mean everything. All that was important to him was taken away in one day: all 10 of his children, his 7,000 sheep, his 3,000 camels, his 500 oxen and 500 cows, and his mansion. All were gone in one day.

This guy did all the things that were suggested in the advice above, the 3-Rs: resolution, resourcefulness, and resilience.

In the end, Job's steadfast trust in himself and in God is rewarded; everything is returned to him, with great additions, and he lives to an honored old age, 140 years young! He and God literally doubled what he had before tragedy struck. So Job died, being old and full of days.

Let that be said of all of us, to be alive at 105 and full of days. Hand me that Frank Sinatra CD—while I read some poetry or the *NY Times*.