

July 06, 2018 KURY-"Independence Day!

-Hi I'm April V. from Coastline Neighbors for Brookings Harbor Voices.

**Together** we celebrated the adoption of the **Declaration of Independence** in July of 1776.

-A modern day rapper spells out the word independent. And then says 'Do you know what **that** means?' -Independence is defined as; **Not** depending on **another** for livelihood or subsistence. Some synonyms for Independence are; self sufficient, self supporting and self reliant. American Publisher Malcom Forbes says; Diversity; the art of thinking independently **together**. Some Common phrases regarding Independence are; 'I want to stand on my own two feet.' Or 'I want to remain independent in old age.' Here's A true story about Manti Chow; an 80 year old woman living alone in Manhattan's China town.; Ms Chow says; 'I have very limited access to my family. To be honest, I don't think it is fair to put blame on our children. We don't know the fine details about our families. **They might have their own difficulties.**'

She continues; 'In terms of what **we** can do, I think we can keep our eyes open. **When we see a need in our own community, we can give a helping hand.** It can be as simple as chatting with the elderly people, buying them lunch and eating **together**. This kind of support is especially important for those who are reluctant to reach out for help.'

Ms Manti is a wise woman.

--Often times we hear negative perceptions of growing old such as; "Weak", "sick", "immobile", "decrepit", "lonely", and "depressed".

**These negative perceptions of aging can be a problem.** Together our perception of growing old needs to change. How about; 'Get up and Go'. Many people see role models of aging. And it isn't always graceful. I know an elderly couple that has a cattle ranch. They help their neighbors **frequently**. Both have had their share of heart problems, sore muscles, nerves and tendons. Together we all get old. So why not go beyond the current fixation of disease and illness? It is proven, now let's declare; **If you help your neighbor you are helping yourself.**

-I'm April V. for Coastline Neighbors. Neighbors Helping Neighbors.