



# Mature Viewpoints

*Knowledge, Experience, Wisdom*

February 17, 2007  
Volume 2 Issue 2

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*Birthdays*

*Art - Feb 18*

*Barb - Feb 23*

*Libmike - Feb 27*

*Edna1935 - Mar 5*

*Dee - Mar 19*

*And a rousing Happy*

*Birthday to all.*

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## Health Care

*By Harv*

As you all know, the topic of universal health care for all Americans is being bandied about from the Congress, to AARP, to union organization, and even to the up and coming presidential candidates. Most of us have read the articles, we hear the discussions and think that it does not truly affect seniors. Believe me, it really does. Universal health care affects ALL Americans from all walks of life. People of all ages, all genders and all races, creeds or religions are affected.

This old senior is really starting to get a bit concerned about health care for all. I see pundits, politicians and promoters discussing various plans and they all have one thing in common, they continue to reward the insurance companies and do NOTHING for the middle class and poor.

Please see *Health Care* on page 2

## An Anecdotal Recollection

*By JBohunk*

After reading the recent request for articles for the SCC newsletter, I wondered what literary items of interest I might be able to contribute which could possibly be of mutual interest to a group of folks who have themselves lived a fairly long life, and which has probably included many rich and extraordinary experiences. Then I thought, why am I looking for some earth shaking event to discuss, because it is usually the most mundane of events which triggers within us an instant curiosity accompanied by an almost insatiable urge to share our own experiences. Who among us doesn't have a story to tell about their favorite or current pet, or a most embarrassing moment, or something about a best friend, or a favorite teacher, or an anecdote about some off the wall family member. It was then I concluded that, after all, this probably wasn't going to be such an overwhelming effort, mainly because it is usually the simple, everyday stuff that we tend to cherish. Heck, folks at our age seem driven to share cute, and interesting, stories about our grandkids. Well anyway, our grandkid stories always seem cute and interesting to us, so bear with me as I share a story which seems to be a source of continuing amazement to my four year old grand daughter; the story about the day her Mommy ran away from home.

Please see *Anecdotal* on page 3

## Seniors and Retirement

By Dee

Dee conducted a survey of senior citizens in her Tampa bay area. The following is a summary result of her discussions with the senior citizens in her local area.

Most of the seniors questioned actually were enjoying their retirement. After an adjustment period when they first entered retirement, they were happy and settled into their new lives. Seniors stay active with golf, fishing, visiting with old and new friends, shopping and of course grandchildren. They also enjoyed going to movies with friends and meeting new friends.

Please see Retired Seniors on page 4

### Health Care from page 1

For instance the John Edwards proposal is virtually identical to the one implemented in Massachusetts. That doesn't fly for the majority of people. We need more coverage for ALL people and frankly we need to remove the burden of health care programs from our business community.

NEactuary has had an ongoing discussion on the AARP forum with Hosierbob. One of the more prolific right wingers has been engaging them with negative posts and frankly has started to say that NEactuary is a fake. We all know different, but there you have the type of mindset that we need to fight against. Take a look at NEactuary and HosierBob's discussion on health care, then let's find a way to make this one of our primary advocacy issues.

In my opinion, I would say that we need to adopt the program espoused by NEactuary and HosierBob or some derivative of that program, and make it one of our SCC advocacy issues. I would propose that we consider a program that enables the health care program to be administered by the Social Security Administration and that it cover immediately, all people who are American citizens, through payroll deductions and other sources of revenue that we can define with NEactuary's able assistance.

As NEactuary also indicated, we need to evaluate all the universal health care plans of all countries who have them and pick from the very best to create a program that our nation can implement.

I will provide a Word copy of an SCC Letterhead that will enable us to all write to our representatives and to editors at newspapers, program directors at news radio and television.

We can also converse with business leaders to get them on board. If we as senior citizens can't get behind something like this, who will?

**We cannot leave it to the politicians and the insurance companies. We will be screwed as usual, and you know it!!**

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*"This organization must stand for something and as seniors and members of the SCC, we must define who and what we are"*

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Winter time in Leesburg, VA.

*Anecdotal from page 1*

Don't ask me why, but running away stories always remind me of the line from the movie, "Oh brother, where art thou?" In the movie Mr. Washington Hogwallop tells his dinner companions about his wife's disappearance, in a way, and in an effort to conceal the truth about her disappearance from his youthful son, by announcing that "Mrs. Hogwallop upp'n R-U-N-N-O-F-T". I'm not sure why Mrs. Hogwallop R-U-N-N-O-F-T, but thought; haven't most of us as kids wanted to strike fear into the hearts of our siblings and parents, and figured we would just show them, we would just R-U-N-N-O-F-T!

Recently, the wife and I were in the process of going through boxes of old stuff we had accumulated from 45 years of marriage. Please note that I didn't say 'blissful years of marriage', but then that's another story. I might add to my wife's credit, that she has indeed given me some of the best years of my life. Let's see,,,,,,,,, there was 1962,,,,,,,, 1984 was okay,,,,,,,, and,,,,,,,,,and 1997 wasn't too bad either, but other than that,,,,,,,,,! Sheesh, I am digressing. This is where I should say, "Anyway, to make a long story short", and your reply would probably be "I certainly hope so"; back to when little Kylee's mommy, Becky, done r-u-n-n-o-f-t. In one of the boxes, I came across a note, written in a very youthful cursive, which was addressed to our oldest daughter, Kathy, and was from our youngest daughter, Becky. We raised four children, the first three were born during the first three and one half years of our marriage, a period where we depended on the rhythm method of birth control, and the fourth being born five years after the third child. The note went like this; "Dear Kathy,

I can not stand it no more. I am running away. I will be in the room near regester(sp). Or in the attic.

Love all of you. Mom Dad Greg Jeff Kathy Hidie to(sp)

I visit mom evey(sp) day

XOXOXOXOXOXO"

We had a dog, a gentle Doberman, named Heidi which little Becky apparently wanted to know was included in her unrequited love. I can't recall the incident which triggered Becky's desire to r-u-n-n-o-f-t, except that her older siblings were constantly teasing her that she was an adopted child. It appears that Becky was not going to venture too far, and was not going to make her Mom worry too much. I guess Becky's Dad would be made to suffer. I recently, and mistakenly, shared this letter and story with Becky's four year old daughter, my only grand daughter, Kylee, a typically inquisitive tyke whose mission in life is to send me 'round the bend'.

"Tell me again, Gahmpaw", "Tell me more", "Tell me again", "Tell me more story", the little grand daughter is just filled with awe that her mommy would even consider venturing away from her family. Wasn't she 'scairt'? Who would feed her? Were there 'pieders' in your attic. And so it went, the much repeated tale of the day little Kylee's mommy "upp'n R-U-N-N-O-F-T".

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*"Heck, folks at our age seem driven to share cute and interesting stories about our grandkids."*

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*Retired Seniors from page 2*

When questioned, seniors indicated that they did not miss working or getting up and out of the house early in the mornings. They enjoyed the ability to do what they wanted with no time restraints. Morning was the favorite time in the quiet and peaceful start of a new day, especially after working for most of their lives.

On the down side, they did miss the contact with the people who were involved with their previous life. They also, most seniors that is, said that they missed the money they had when working. It was evident that a considerable number of seniors were receiving only Social Security as their sole income. However, many were getting along pretty well with a part time job and social services.

Some of the seniors interviewed had dreams of traveling and seeing the world and were having fun planning their trips. Most of the people who were in the survey would like to work part time at something that was people oriented and not too stressful. Many became volunteers in fields that interested them.

As to health, most talked about working out at the gym or walking to maintain their health level. They really enjoyed the aspect of taking control of their lives, some for the first time in their lives. A major worry for those seniors not yet 65, was the concern about health care and insurance. A huge concern was getting very sick before they were eligible for Medicare.

Quite a number of seniors were worried about health and being able to take care of themselves. Many had no near family so being alone and getting sick was a very large worry for some. It seems that most of the seniors did have worries about the health and care of themselves.

To sum it up most Seniors actually are enjoying their lives in retirement, and they hope for the best outcomes regardless.

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*“Waking up, old, slow and achy is a real hard thing to adjust to, but it still beats the alternative.”*

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**A Travel Group**

By Janice(ForPostin)

I am aware that we have some single ladies on this board and you might be interested in an experience I just had.

This fun-loving gal, Linda, and I booked a cruise round trip to Hawaii from Los Angeles. Cruise was booked on Celebrity SUMMIT. We booked this trip way ahead of time so we could gather funds to pay for it.

Around Thanksgiving, Linda got sick and we were supposed to be leaving on December 8th. As it turned out, I had to make the trip alone. I felt a bit depressed having to start out this cruise, knowing that my friend would miss out on something talked about for so long. I wasn't all that worried about being alone because cruise ship travel is friendly.

My flight was with Jet Blue and I was sitting having lunch on board the ship that very noon. My cabin was on the 8th deck with a balcony and it looked newly renovated.

That evening I met my table mates and, so far so good, they were down to earth and interesting. Then I met one of the dance hosts at a singles gathering.

The shows on board the ship were wonderful. We were entertained by Cirque du Soleil plus an accomplished concert pianist who told stories about Chopin and played many of his compositions. There was chamber music, a harpist and a guitar player here & there all day around the ship. There were also two great bands for dancing.

Off my balcony I saw two rainbows that ended at the edge of the ship. The end went right into the water and the gold part of the rainbow was as bright as the sun. I could see why the myth was born about the pot of gold at the end of the rainbow. I think that rainbow was the more astounding than volcanoes.

Please see Cruise Tour page 5

## The SCC Grand Baby of the Month

By Harv

I asked for some input about grand babies, and TxGrandpa came through. The picture below is of his new granddaughter, Hailey Elissa Masters.

Born on April 7, 2006, Hailey is the daughter of TxGrandpa's son Tommy who helps us on the forum when he has time.



And here is another picture of this little angel.



Now I ask you, what a precious Valentine little Hailey makes, huh? Anyone want to bet that TxGranpa and his lovely wife do not dote on this little angel?

Cruise Tour continued from page 4

I met new people in the lounges, at the pool and on the tours that I took. The highlight of my day was dancing every night with the two dance hosts who were very amicable gentlemen and one or the other was at my side all evening long. Pays to be alone sometimes!!! I have done some single-shares many times that worked out well on land ventures.

I hope to encourage some of you gals ( if you are afraid ) not to be afraid of traveling alone because I know its hard to find people who want to do the same things you do at the same time.

On the AARP travel site, several of us ladies became acquainted and thus as a result of our conversations we started a retiree's single travel group and have our own website now.

Please contact me if you are interested in joining a new travel group for single retirees or more information about it. ( Note that it is not connected to AARP.) A few single men as I recently learned, have also joined the group.



And who says that Bush has stopped drinking??