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New - Minnie Bell

FACT SHEET

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SEEING YOURSELF

Minnie Bell*

"I don't feel any differently than I did when I was 18," says an 83-year-old grandparent. "But, I know I'm different when I look in the mirror." The aging process constantly makes changes in us.

Do you like what you see in the mirror? Are you happy with the way you are now, or do you want to change? Most of us would like to improve!

Looking well is a combination of many things: attitude, cleanliness, appearance, health and happiness.

WHAT'S YOUR ATTITUDE?

Your attitude really tells how old you are. It takes a positive attitude to see yourself as you are and then want to improve. You can test your attitude with a few simple questions:

- Do I like myself?
- Am I happy with the way I look?
- How do I react to new ideas?
- Am I flexible so I can adjust to change?
- Do I approve of my attitude?

CLEANLINESS WEARS WELL

Cleanliness at any age is an admirable trait. As we grow older, we must not become neglectful of it. A bath every day keeps you clean and makes you feel good. It gives you a lift and helps chase the blues away. A former editor of the *Journal of the American Medical Association* once said that "No other single article can compare with soap in regard to the amount of sickness and death prevented by its use." — A good, soapy bath is healthy.

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Hair tends to become oily with age, especially if you lie down often. Weekly shampooing of hair is desirable. Instant, dry shampoos can be used between regular shampoos when washing is not possible. Hair that is cut in a basic style requires little effort. Brushing hair conditions it and massages the scalp. Naturally gray or white hair can have added sparkle with a color rinse. If hair is becoming brittle or thin, a hair piece or wig may be your answer.

What about your face? Ladies first! Cleaning is a necessary first step. "How" will be your answer. Some cosmetologists say soap and water is the best. The time to wash your face is when it is dirty, but always in the morning and at night. Take a tip from teenagers, — don't overdo makeup. Sometimes older women tend to wear too much. Facials are refreshing and can be given at home. Men, that scrubbed look applies to your face, too. Whether you shave or wear a beard and partially shave is your decision. But cleanliness and neatness must reign. Beards should be trimmed properly. And everybody should have clean teeth or dentures.

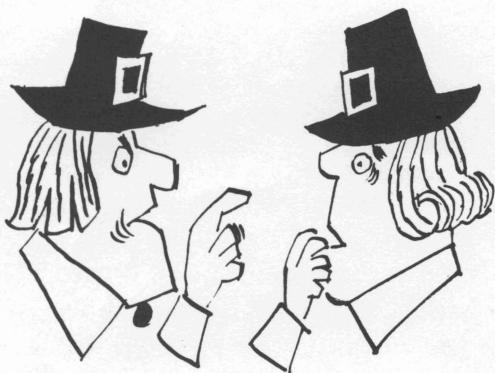
Hands are noticed as much as the face. Rough, badly-kept hands make you look older than you are. Clean, well-scrubbed hands and nails are signs of careful grooming. Well-kept, short nails are more attractive than long ones. Get the lotion habit after washing hands. Cold creams, vaseline and olive oil also soften skin and improve its condition, too. Exercise keeps hands relaxed and more graceful. (Try this: Hold arms straight out and shake hands vigorously.)

Remember the famous country comedian who always said, "I'm goin' to the wagon, these shoes are killing me!" Most likely it was his feet! Too often as we add years to our lives, foot problems

occur. The foot is hard-working. Its health influences our entire being. Scrubbing feet with hot, soapy water at least once a day is a good rule. A pedicure every 2 weeks is a must. Corns, callouses, bunions, flat feet and athletes foot are common problems that need attention. Cleanliness and walking are two good rules for foot care. And, don't forget to keep shoes clean and polished.

A *scent* can add charm if it is fragrant and smells sweet. A good compliment to receive is, "how nice and clean you smell!" A clean body, clean clothes and a deodorant or anti-perspirant are aids that can produce kind remarks. Underarm shaving helps.

"Store-bought" scents are pleasing too. Cologne is the lightest and perfume is the strongest. Most all cosmetics have scents. A mixture of too many may not give the desired effect.



DOES YOUR APPEARANCE SHOW?

It shows! You—Y-O-U, have to care about your appearance. Grooming is a habit. The more you practice it, the easier it gets. The way you look tells how you regard yourself. Usually your first appearance makes a lasting impression on others. To be well groomed, begin with a clean body and clean clothing. Neatness is important. Outer garments should be pressed. See that rips and tears are mended, buttons are sewed on, slips don't show and that trousers and dresses fit well. Color combinations should be pleasing. Stand tall and wear a smile. Your total look from head to toe expresses you!

IT'S YOUR HEALTH

It's nice to reach retirement with good health. Physical and mental fitness make leisure years

happier. Many of the so-called "old age ills" can be prevented, treated and sometimes cured.

Doctors recommend a medical checkup at least once a year. As you get closer to and into the retirement years, a checkup every 6 months is better. A physical examination when you feel well likely is one of the best buys for your money.

Good nutrition is important from infancy through adulthood. Many factors help determine good health but eating nutritious foods is one of the most important. Except for special diets, the Basic Four Food Guide is recommended.

You may want to strive for more "bounce to the ounce." Medical authorities say that exercise helps a person to look, feel and work better. Walking, jogging and body exercises are popular today. Swimming, bicycling or jump rope can be just as good. A note of caution: ask your doctor before you begin, build up gradually if you do, and don't overdo it.

Don't forget that sanitation, safety, getting plenty of rest, regular habits, being useful and happy contribute to good mental and physical health. Many other factors such as security, satisfactory housing, family, friends and religion affect general well being. The goal of older people in health, as well as all other major concerns, is independence.

HAPPINESS IS —

Happiness is always in demand. To be more pleasant, try not to talk about your ills and troubles all the time. Being a good listener nearly always makes a hit. Develop a good sense of humor. Pass out compliments. Making others feel good will place you high on the "happy list." Learning to forget yourself and to make others happy would be a good hobby to develop.

EXERCISE

