

Natural Healing Express Weekly

Column 306 The Big 5-0

Not sure who coined the phrase, “growing old is only a state of mind”, but they don’t understand what it is like for a chick who still believes they are young and hip to turn 50. Ya, 50. That’s what the cake said.

The banners and all the nice cards (ironically mostly in black font) had a large number on them that I thought as a kid was older than dirt. How could this be happening? It’s not like I didn’t know it was coming, I just was in denial it was happening to me.

It wasn’t until the week of the birthday that I really started to feel it. And by feel it, I mean on every level. My pride was hurt that I wasn’t going to fit into a birthday outfit I bought a long time ago. My emotions were crushed as I started thinking about all the stuff I had to do and that my life, if I lived to be 100, was half over (ok, most probably MORE than half over).

My physical body had pains I have never had before. I was at the chiropractor twice, the masseuse once and even drove into Chicago to see my healer. Yes, healers have healers. Everyone needs someone.

And, on the day of my party, I choked down ibuprofen, got bundled up in Salon Pas and a support belt which made me look fat-ter and headed out to be joyous...joyous and feeling crappy...

I had allowed everything negative to seep in and allowed myself to start being the victim because I dreaded this number. 50... And, that’s not like me, but hell I am old now so maybe I just didn’t care. I wanted to whine, cry and be left alone. But, I got dressed and went to the first party albeit under duress.

Yet what did I find? I found a 90 year old with a smile on his face and a new love at his side. I hugged a dear friend who had lost the love of his life of many years and still was there celebrating with me. I found friends that I would not have met if our Shibas wouldn’t have made more Shibas. I found two folks who have been like parents to me since I was 17. Of course, they were the first ones to have cocktails! I found my dear Aunt and Uncle who haven’t played cards in 30 years putting the hurt on the

two best card players I know, laughing like school kids, pounding the table and spilling everything in sight. And, they had just celebrated their 50 Wedding Anniversary in June. I saw two of my parents' best friends that were telling jokes and cracking everyone up. She is a cancer survivor. I saw my brother who has spent every day since he was 19 years old in a wheelchair. He will turn 60 soon. I saw my new family and kids, giggling, cutting it up and saying the crap I used to say at that age, with a little "french".

I saw my God son and his beautiful girlfriend. I saw my love, the man that I probably should have been with since we were young fitting in with this whole crowd while trying so hard to make sure I was comfortable. We were both nervous trying to pull off this first party with two more left to come that day. Shout out to Andrea and Steve at Coach's Golf and Grill who let us take our time and space to pull off the big card party. Good friends with great senses of humor those two.

Then we travelled to our favorite supper club with the closet person I have to a sister, my dear Cam Cam and my adopted parents; along with two of our newest and dearest friends (who by the way need to stop selling us stuff at the auction) and their new grand baby. Somewhere in the mix, those Nashville musicians arrived and resisted the temptation to join in the polka band songs. Shout out to Mike and Anita and all the Parkinson family at Beach's Supper Club. The food was amazing and of course, my big girl glass of wine worked way better for my pain than the ibuprofen.

At this point, I was realizing that 50 is really just a number and I had so much to be grateful that I needed to just get over my damned self and enjoy!!!

So, shortly after that, we loaded up and headed to Lena Brewing where Corey Cox, Jason Miller and Andrew Camp had already started playing our favorite country songs. Shout out to Ross, Jaime, Jared and everyone else who turned the brewery into quite the party room. About halfway through this party, the tears started to come. I had to look around, hug and after hug, picture after picture and ok, some wine and a few shots and take it all in. Everyone in that room had their own crap going on in their life,

but they took a few minutes out to help a lady adjust to rounding a corner. A milestone. No one was sad, no one shared their worries, we just had our moment. And a few moments after that.

What a dork I was for worrying about a number. What a selfish person I was for thinking for one minute I couldn't enjoy this day!!

Reality did set in as I get my AARP card, but you know what? I don't care. All I have to do is remember the loved shared that day. It's enough to fill my heart and soothe my aches. I couldn't be more blessed.

Thank you God for the unique design and plan you have for my life. I couldn't have ever written this. You know best. And for all who helped me celebrate, even in spirit, there is nothing but love for you.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food – delicious and fast! Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express