

Excerpts from ON BECOMING AN OLDER WOMAN:
The She I Wish To Be Is Up To Me

By Mary Forestell Doucette '69

The "She I Wish To Be Is Up To Me" premise comes out of the fact that within us is the child we have been, that grade scholar, that adolescent, that young woman, that middle-aged woman, that older woman, *but within us is the old woman we will become.* **The great thing about getting older is that you don't lose all of the other ages you've been.** *Madeline L'Engle*

As we age with all of our life experiences we become more uniquely who we are. Every thought we think is creating our future. Think about an older woman in your life that you really admire, someone that has something special and you can see it. What are the qualities that you see in other older women that you admire? Self Confidence? Openness?... Yes, there are many wise women.

Self-confidence is so relaxing. There is no strain or stress when one is self-confident. Our lack of self-confidence comes from trying to be someone we aren't. *Anne Wilson Schaef*

Remember, a period of reflection is the happiest conclusion to a life of action. Really this late-life stage is a stage of reflection; it is a stage of great spiritual growth, very much a prayerful time.

I am not an expert yet. I am still in process ...

Mary Doucette is a retired Geriatric Nurse Practitioner and former Director of the Elder Network based in Rochester, Minnesota.