

# FRIENDLY-AGING COMICS AND MESSAGES

TO BUILD A BRIDGE FOR CHATTING WITH OUR ELDERS,  
AND TO PREPARE OUR OWN AGING GRACEFULLY!



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OUR ELDERS, AND TO PREPARE OUR  
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## **PREFACE**

Once three old ladies were having a tea time and chatting together, talking about the sadness of losing memories day by day. The first one said, "Alas! Sometimes I open the fridge and immediately forget what I am to take." The second one said, "My problem is I don't remember whether I am going up stairs or down stairs while I am in the middle panting for a while."

Hearing this, the third one patted on the table and said, "Wow, I am okay, not that serious.... Listen, someone is knocking at the door. Let me see who is out there...." Then she stood up and walked to the door. What happened was she regarded her patting on the table as a knocking on the door. Reading this joke, you had better laugh no matter it is funny or not. It does you good to your health no matter you make a real or fake laughter, which is true to young and old.

Don't let this comic book become "Easy come, easy go." It consists of lots of efforts and resources, especially ideas and creativity. Above all, Director-General Huang Mei-na fully supports the project, the vice director Tsay Shwu-feng is in charge of the editor-in-chief, Shen Shu-hua and Lin Hsiang-yi are the assistant editors, the column writer Yu Lei (Fisher Yu) is in charge of the reviews on the comics and aging issues, the Learning volunteer Lee Chi-hao is good at the observation and makes clear the explanation on the comics.

In 2012 the Health Bureau of Taichung City Government sponsored a big comic drawing activity and chose 50 vivid and gorgeous works out of 1,981 participant pieces of works on the theme of the seniors, home, and the city, adding the literary words of explanation and "the classical words from the seniors".

At first the idea of the book was to build a bridge for "chatting with the elders", and don't let "loneliness" be a problem to the elders, neither is it difficult to talk with them. Therefore the main purpose of the book is to create topics of talking among generations. Besides the original works, the editors bring in the "Messages in the Pictures". The writing tried to match the theme of each comic and to lead the readers to living a healthy life and to aging gracefully, including the qualities of knowledge, reason, feeling, and spiritual life. Sometimes the readers may sense the challenge and pressure, which means we wish our country fellows "to live to 120 in good health!"

In 2016 what big event will happen in Taiwan? To most people the presidential election would come to mind. Who will run? Who will win? But whoever will be elected, the new president and all the people in Taiwan have to face very stern issues of population structure. Three big things will happen: One is the senior population will amount to 3 million and 110 thousand, superior to that of the children. Another is the population of over 40-year-old will go over the half of the whole, which means more than a half of us all will go forward to the latter half of life game. The other is the labor population (15-64 year-old) will be decreasing by 130 thousand each year, causing 7.8% dropdown 10 years later. (referring to Common Wealth Magazine #552)

The coming impact will fall upon singles, solitary seniors, big or small families without exception. It is a bit too late "to save for a rainy day", and if we still see without looking, looking without caring, then it will verify the Taiwanese slang, "A careless bride sees no big stove!" We do hope reading the book helps you to start "learning aging", and you will see the stove, start a fire, and prepare healthy and tasty food; which means living a healthy, happy, and hopeful life.

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By Chen Zi-xian, 11 years old

## ***1. Let's celebrate the 9-9 Seniors' Day!***

"Alone in a strange land as a stranger, I double miss my folks during the festivals. Though faraway I know today my brothers will be climbing to the heights and all wear herbal dogwood, except one missing. " This well-known poem "Missing my Brothers in Shangdong on Seniors' Day" has been touching the people for ages because it describes the affection among family. According to lunar calendar the 9th day of the 9th month is Seniors' Day, which means we have a special day and activities for respecting the old, spreading good smell like the hotdog vendor in the picture. Hence we have to do more efforts on healthy and aging-friendly life of the old, so we won't regret not taking care of our old parents and ourselves in the future when we get old.



By Qiu Pin-rong , 12 years old

## ***2. Let the seniors go merry-go-round.***

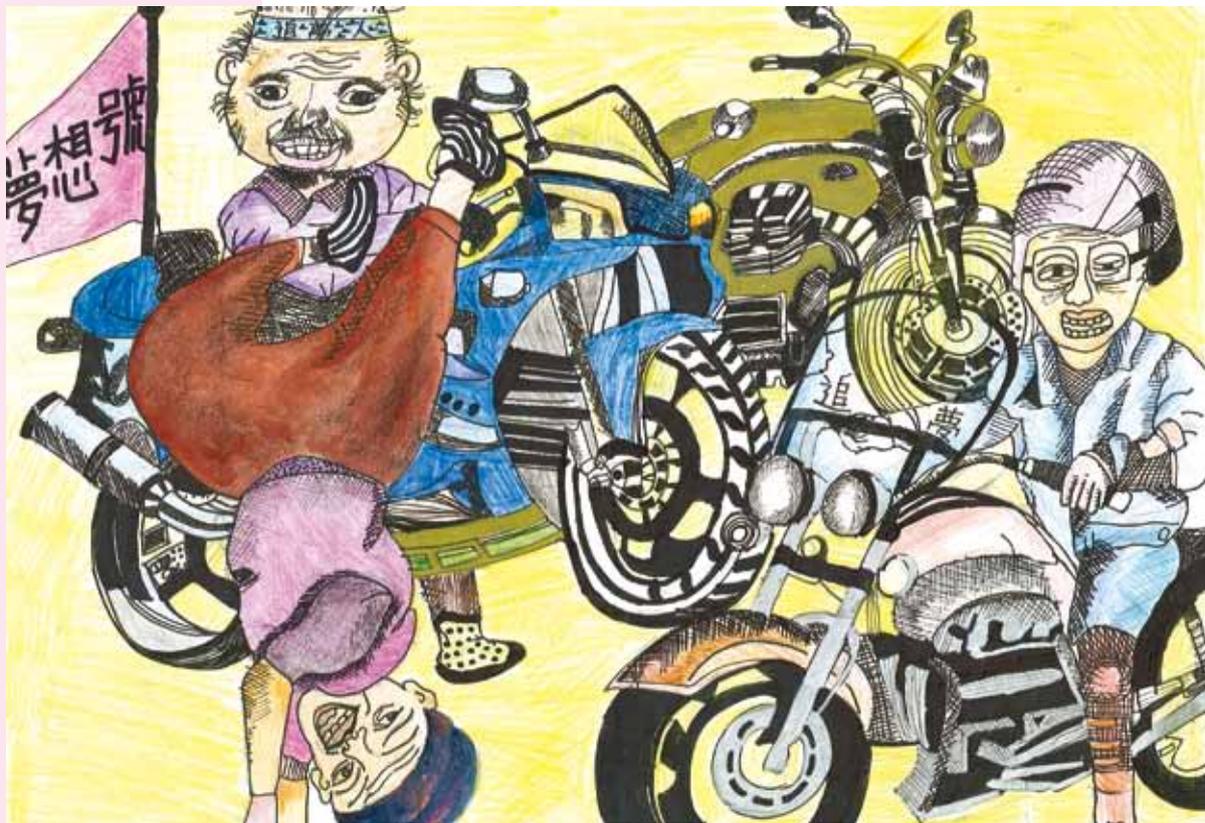
The amusement facility here in English is called "merry-go-round". We can see excited, nervous, and merry expressions on the faces of the "silk-haired seniors"; the faces of the animals look merry, too. Merry-go-round is fun for both the young and the old, so we hope this is not just a picture to look at, but there should be a real place, facility, and chance for the grandpas and grandmas to go over their fun in childhood.



By Xie Xin-yu , 12 years old

### ***3. We wish a happy aging \ learning and a blessed life.***

"Are you happy?\Ni xing fu ma?" It is a street Q & A TV program by the Central TV in China, a guy replied, "My last name is not Fu. I am surnamed Zhang." (xing fu here is a pun, happiness or surnamed Fu.) World people are in search of happiness, which may have different definitions or conditions. To the seniors, if you wait for the knocking at the door from happiness, you may feel disappointed. Walking out of door to seek for health, and you feel happy when you get health. Like playing Taigundao, art of fencing, and dancing we can see in the picture, in addition, more smiling and laughing. Remember that jogging, stretching, deep breathing, sun bathing, and talking with people are positive elements for active aging as well.

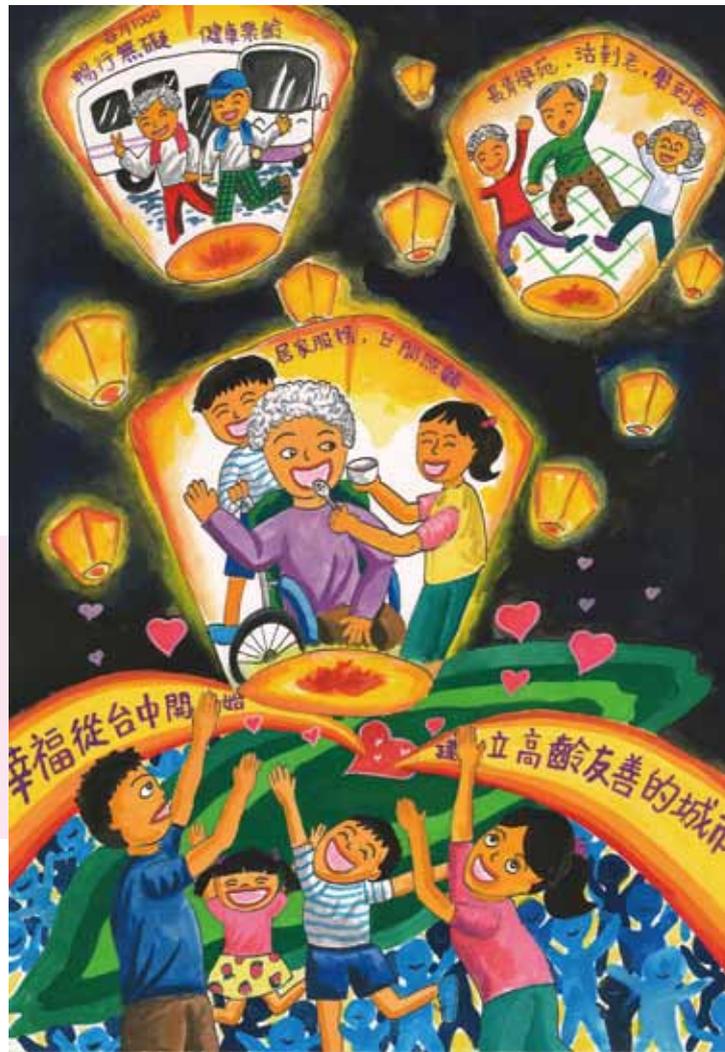


By Wu Hong-zheng , 12 years old

#### ***4. Do you still have a dream when you are 80?***

Someone once described FEAR in an acronym: False Expectations Appearing Real. "Too many of us are not living our dreams because we are living our fears. " said Les Brown, an American bandleader. The Go Grandriders traveling around Taiwan by motorcycle has earned great praise in Taiwan, Hongkong, China, and America. One of the attractions is "When you are 80, do you still have a dream?" And they made it. The attraction of the comic here is overcoming fear, putting seniors among heavy motorcycles, and a backward somersault -- a cool old-timer!

By Zhan Cheng-yan , 14 years old



## ***5. We should put the sky lantern wishes into practice.***

The comic presents its theme of asking for blessings for the seniors by the folk custom of setting off sky lanterns, and it advises that "everybody should make efforts together to make it come true". For example, "home service, daytime care" obviously can't be done by setting off sky lanterns. Although the beautiful night full of rising sky lanterns has the good intention to proclaim blessings up to heavens, as a matter of fact, according to news reports, on the next day the remains of sky lanterns scatter on trees, rivers, electric poles, farming fields, and even on the roof of the police station, which causes sight pollution or even fire alarms. Therefore, the "Le ling\ Friendly aging" to practical life of the elderly needs the efforts and cooperation of individual, family, community, and the government. May God bless Taiwan!



## ***6. Let the home be like a blooming flower.***

Referring to the concept and expectation of a home, the comic is rich in imagination and creativity, illustrating a family as the petals of a flower and the fingers of a hand. The Chinese character "home" is made up of "cave and pork", why? A pupil said, "Because my home is like a den for a pig!" Actually the original meaning is "a dwelling place for a family to share food or meat". If a house is destroyed, it can be rebuilt, but if a home is destroyed, it would be painful for a long time.

An English saying goes, "A man's home is his castle." Therefore whatever the surrounding may be like or whatever mess of the social values may be, a home is still the most worthy place to protect and manage. Walt Disney has developed great business, but he said, "A man should never neglect his family for business." It is worth thinking it over twice!



By Chen Mei-ru , 16 years old

## 7. Say "cheese" and take photos.

While taking pictures, people used to say, "Make a smile!", and now some are added, "Is the watermelon sweet?" "Press a praise!" In English "Say cheese" has been traditionally used for it appears a smiling face. With the improvement of digital cameras and photo function of cell phones, taking pictures is convenient and easy to share. But it still takes skills to take an impressive picture, like the light source, angles, background, distance, and face expressions.

If the seniors would learn photography with themes, such as babies, characters, landscape, trees or grass. They can entertain themselves and others as well. Li Bai the poet said, "The warm spring invites me with foggy scenery, and the great nature presents me with literary works. " In English they also say, "A picture is worth one thousand words."



By Chen Qi-han , 22 years old

## ***8. Let the wisdom of the seniors enrich the city.***

"Act! Act! To live needs to act!" The words are often heard or quoted, but the point is if you or I really act? What to act? How long to act? The Taichung Health Bureau has been promoting "Friendly Learning" programs of "active aging" , emphasizing "physical exercise, mouth caring, brain using, and mutual interaction" which are like the 4-wheel drive (4WD). They are more valuable than 4 mansions, and they cover the balances and methods of health, but easier said than done. The people registered in the hospitals seem to be more crowded than those in the exercise areas.

The comic says this very well, "The knowledge of the elderly can enrich the city and make it more beautiful." For instance, they can learn cooking, painting, playing music, dancing, and going to stock market. Sticking to the 4WD is sticking to active aging!



By Yang, Kai-Ting , 19 years old

## ***9. A senior in the house is a treasure.***

Flying high is a strong impression on the comic. There are three pairs of roles presenting help or talk between the young and the old, which create a friendly atmosphere. The background of rainbow and castle reveals the theme "castle treasure", which derives from the old saying, "Where there is a senior at home, there is a treasure." And they can be great treasure to the community and city as well. We do wish to create a 3-win vision: The senior can do self-nursing, the family can provide support, and the government can assist.

By Lin Han-zheng , 49 years old



## **10. Active and happy living surroundings keeps one from dementia.**

A 99-year-old sister had a birthday party, and her pastor came to say greetings. When he was leaving, he said, "I hope I can attend your 100-year-old birthday party next year!" The old sister looked at him and said, "You still look strong. I don't think it a problem for you!" Sense of humor is what we are lack of in our culture, but we should keep in mind: A laughter keeps 1000 worries away."

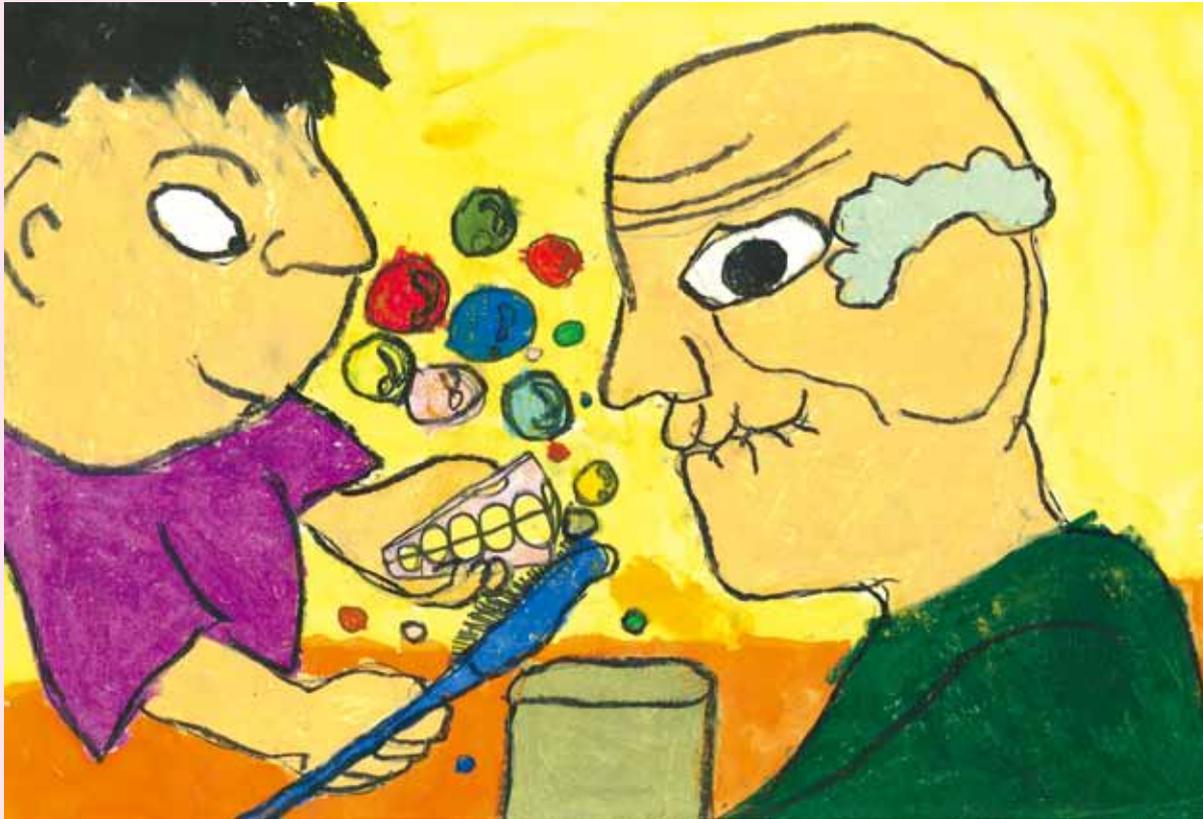
While being interviewed, Director Ye Tian-lun said, when his grandma had the dementia problem at the beginning time, other family members found it strange that she hid the food till it was rotten, dressed herself up to take a plane, or looked for her accounting book all the time. "Now I think it was funny, but at that time I felt like crying." He said, "The seniors forget it immediately, but we keep it in mind." Therefore he suggested that the nursing ones must adjust their attitude positively and develop sense of humor.



By Yi Jun-fan , 12 years old

## ***11. Let's keep on learning outdoors as well as indoors.***

"It is never too old to learn." The quote may be too familiar for people to put it into practice. Therefore someone says, "If you don't learn, you have no right to live old." Some old folks say, "After getting retired, I have nothing except free time." Obviously they didn't develop their hobbies or second skills, or overcome difficulty to learn new technology, such as cell phone message, blog, and facebook .The comic here encourages the seniors to go to community university, serve as volunteers, better cooking, playing chess, practicing Taiji, or yoga. In fact, learning new skills or taking challenges decreases the risk of getting dementia. As to learning to use websites, if the old need the help from the young, it takes more patience and encouragement, otherwise the seniors may lose their intention.



By Tsai Yun-zheng , 7 years old

## ***12. A tiny caring for the seniors brings them great joy.***

A civil fund promotes "Tiny Filial Piety" (a pun meaning smile) movement, which is creative and practical. In this comic we can realize that the kid is cleaning the artificial teeth for his grandpa. He is of concentration and exquisite, and the old man is glad and praises his grandson. But everyone is supposed to keep healthy teeth from childhood to avoid becoming "a guy without teeth" (a pun meaning gangster).

The children or grandchildren may not be able to take care of the seniors from morning till night in every detail, but once in a while they can make the seniors happy by giving them a hug, a massage, or a scratching and so on. When one is getting old, one is going back like a child. Furthermore, we should care for the increasing old people in our community. The Chinese saying goes, "We care for other old people as well as the old members in our home." The reason is we all are going to get old some day.



By Wang Xiang-ru , 13 years old

### **13. To know "*staying with the seniors is one thing, to do it is another.*"**

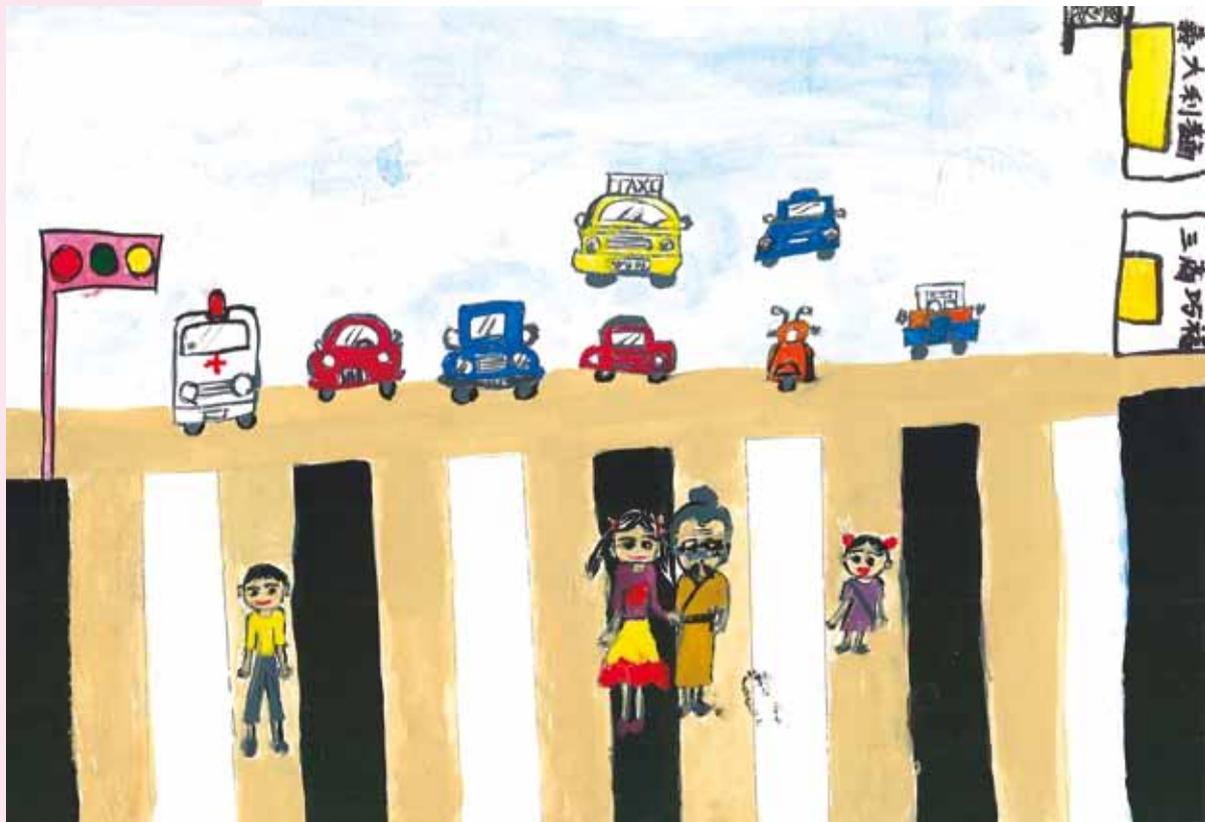
The comic emphasizes much on "doing together with the seniors", such as playing chess, morning jogging, doing exercise, stretching, playing tai-ji-boxing, friendly learning. We know the reasons, but "To know is one thing, and to do is another." The seniors had better not expect others to be "together with" you, otherwise the result could be disappointing. Therefore, when one can handle one's own learning ability and time, go to the outside world and find learning places, and interact with other people, such as community university, senior center, senior fund, or senior fellowship. If you cannot find one, get help from local government or district office. What you can do alone is speed walking, go hiking, reading, keeping account, and writing diary, which are of great help. too.



By Lin Yan-rui , 11 years old

## ***14. Life is like the four seasons of the year.***

The painter of the comic may be still young, but he knows how to develop career planning. Life is like four seasons, spring, summer, fall, and winter. But how to divide them into three main parts of life? Generally in spring (1-25yrs) we focus on study, and neglect work and play; in summer and fall (26-60yrs) we focus on work, and neglect study and play; in winter (after 60 or retirement) we focus on play, and neglect study and work. Richard Bolles, a scholar on career planning, maintains that we should keep the same balance of the three parts in the four different stages, then it is a successful life planning. We often say "Live and learn", now we need to learn to keep balance of the three parts in different stages.



By Jiang Yi-zhen , 7 years old

## 15. *"Don't fall down!"*

"If you fall down 7 times, stand up 8 times!" The English saying encourages people to stand up again when you fall down every time. Never give up. The words are encouraging, but it is not for the old, who cannot afford falling down or being bumped down, which may cause deep and long pains and regrets. We all know "The road is like the mouth of a tiger." And don't assume the crosswalk is perfectly safe, for many traffic accidents happen right there. Drivers are not to make room for the old only, but for all pedestrians. We hope we all learn the manners as a civilized modern man.

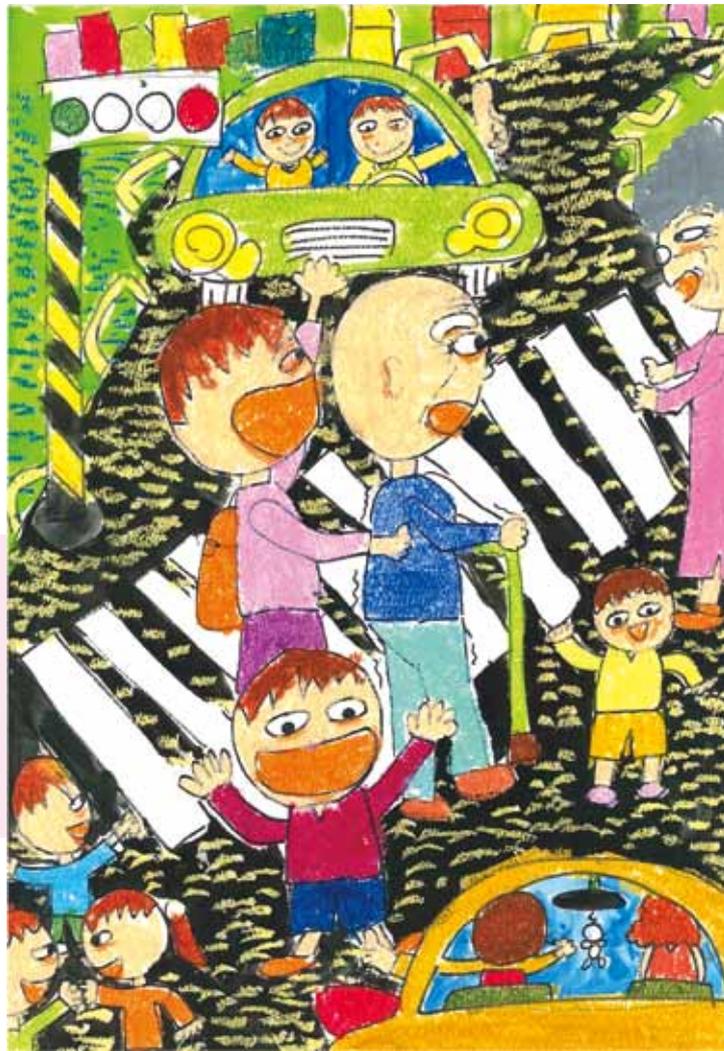


By Chen Yi-ling , 7 years old

## ***16. Walking on grass field with grandparents will be a legacy to me.***

In English there is a word "legacy", referring to a beautiful, excellent tradition that is worth passing to next generation, and it usually doesn't mean property, but something like family reunions, friendly atmosphere of a school, mutual assistance of a company. As grandparents, we are to think over what legacy we would give to our children. In Chinese culture, it usually refers to property and savings. The comic reveals different values, under sunshine and clouds, there are breeze, big trees, and grass, and the grandparents hold the hands of grandchildren, taking a walk, talking about the environment, or an interesting Taiwanese saying. These may become the most memorable legacy that they would pass to their next generation.

By Lin Shao-peng , 11 years old



## ***17. Let the seniors go first!***

A Chinese slang says, "A mouse is crossing the street, and everyone shouts beating it." But in the comic we see in the street with heavy traffic, "An old man with a cane is crossing the street, and everyone yells STOP!" How respectful and sweet to the old! We hope this kind of acts would be put into practice in other ways, such as letting the old getting into the elevator first, making room for them in the bus, especially priority seats; in addition, leading the way for the missing, or informing the police in case of finding a dementia old man. To our seniors at home, we are supposed to give them more hugs, encourage them to do more exercise, praise them for living in good health, and say that their talks make sense. If it happens that the old don't like holding a cane, try to get an umbrella with the function of a cane. Otherwise, it may looks even worse in case of falling down.



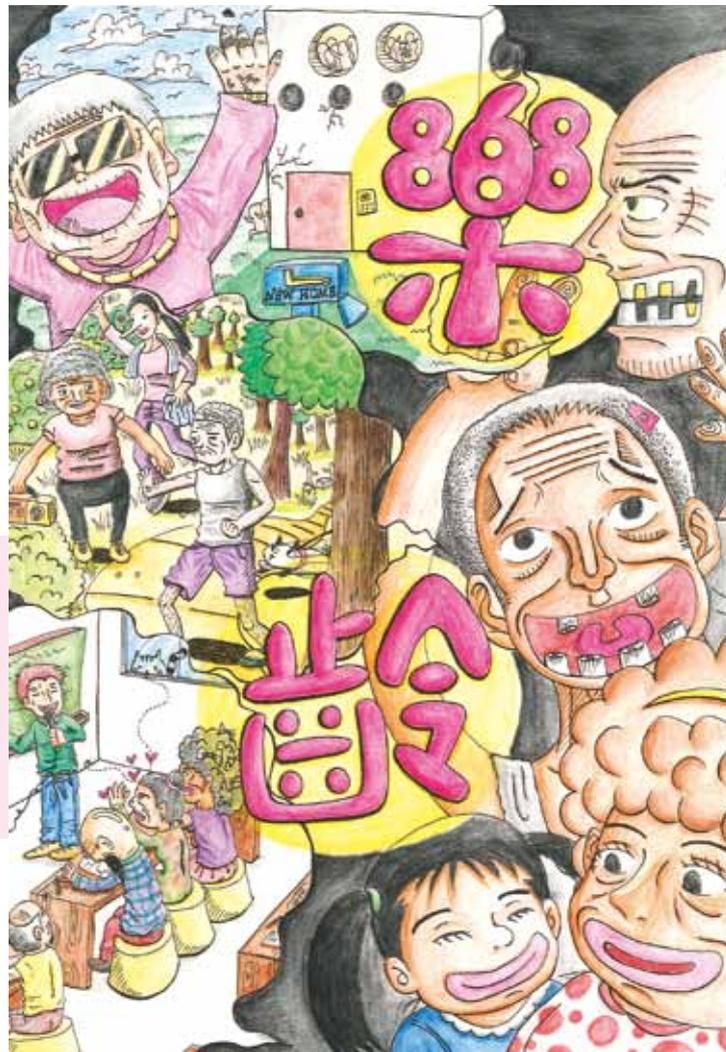
By Yang Jia-yan , 17 years old

## **18. We all need the role and model of a father at home.**

"Children who are absent from fatherhood' are easier to misbehave, and it may even cause abnormal in the brain part of solving problems. "This is a report in a medical quarterly magazine in Canada. The report indicated in England and America the problem that children don't know who their fathers are has been increasingly serious, and it is assumed in Taiwan the problem cannot be better.

The absence of fatherhood results from the father's unreliability despite of two-parent family, or single parent, or "skip-generation parenting" (grandparents take care of the children instead of parents). We Chinese have a prejudice that a father is to be in charge of supporting the family, and a mother, educating the children, which may lead to the distance between father and children. Now that we know a father is supposed to take his responsibility, he should try to keep the good relationship with his children, and let the grandparents go back to their roles.

By Zou Ya-ting , 15 years old



## **19. What is so-called "active aging"**

"Live well, live long, and die soon" is so called "active aging". Yet it is not a gift falling down from heavens, but an outcome out of the efforts by individual, family, society, and government. It is a present progressive tense on the way in some of the Northern European countries, and in Japan, but in Taiwan it is a vision which takes much more efforts.

"Live badly, get ill long, and take long time to die " is so called "failure aging". Nobody likes to live this way without quality. Unless we "save for a rainy day" and discipline our physical, mental, and spiritual health in a balance way. Until one day we suddenly realize we are old, "the aging learning, health, happiness" may have gone far away; even worse, we are waiting for 3 things only: to eat, to sleep, and the taboo word we don't like to use.

By Tsai Yi-pin , 17 years old



## ***20. Help the seniors to learn new techs.***

In the era of information explosion nowadays, most of the seniors are wounded here and there. The computer technology has renewed from early 286,486, 586, pentium, XP, windows, iphone..., and communication products have been changing from BB call, big cell phone, to window cell phone.

In Taiwan we learn English without teaching typewriting, so the keyin is an obstacle. Most people who were born before 1950 may use a cell phone as a telephone only, and even the intellectual doctors type the medical records "with one finger kongfu".

If there is computer equipment for the seniors, and the young people can teach them patiently, they may make use of internets, email, Google, document and photo management, etc., they would be busy enough by themselves and won't feel bored or bother others much. So?



## **21. What is so-called "aging in place"?**

While checking the tickets on the train, the conductor found the old man at the present who could not find his ticket was the honorable Judge Oliver Holmes. He said, "Mr. Holmes, it is our honor that you ride our train. After you get off the train, all you have to do is send back the ticket to us." Holmes said, "The problem is I don't remember where I got on and where I am going to." From the story, it seems not good to leave home afar or live in a strange place when we get old.

The phrase "zai di an yang" is translated from English "aging in place", which was from Northern European countries. It refers to making good use of the local resources and familiar surroundings to allow the seniors to receive enough good caring and get aging in a nature way. This would improve a life of dignity, and try not to live in the nursing institutions. It is not just an issue of internationalization, but humanization. After all, it is like "the leaves falling back to the roots", which is a basic need of human beings. Then a common acknowledgement is to be built up among individuals, families, society, and government, and with all the efforts we can work on "aging in place".



By Wu Pei-rong , 14 years old

## 22. Which side do we want to be like?

At a dinner party, a wealthy lady with heavy weight and decorated with jewels got acquainted with Bernard Shaw, who was tall and skinny and well-known for his satire writing. She said cynically, "Knowing you makes me realize there are famines in some places." Shaw replied coldly, "Knowing you makes me realize why there are famines in the world." This is Shaw's word of satire, yet the gaps among education, urban and rural, poor and rich of course lead to the gap of quality life among old people.

The guideline of modern civilized countries is to build up and cover the social welfare of all the people. The government raises taxes, "from the people, for the people". Tax income is not to be consumed or wasted by the government itself, but to re-distribute, to provide public construction and service, such as free ways, education, medical care, and aging care. Actually some countries in Middle East and Northern Europe, and France have been prevailing the policy. The welfare in Kinmen County is well provided, and why not Taiwan island? In Kinmen there is a wine manufacture, but there are the wine and tobacco monopoly bureau and others in Taiwan as well.

For generations the Chinese have been proud of Confucius' "The Great Common Wealth": "When the Great Way prevails, the world community is equally shared by all. ... Therefore people do not regard only their own parents as parents, nor do they treat only their own children as children. Provision is made for the aged till their death, the adults are given employment, and the young enabled to grow up. Widows and widowers, orphans, the old and childless as well as the sick and disabled are all well taken care of. ..." Is it the time "to look for the ritual among barbarous places"?



By Xu Ci-en , 14 years old

### ***23. Let's go and taste the fun of being old!***

The comic is full of colors but looks harmonious; the setting is senior's exercise but looks fun. It is rare for an old lady to play the skateboard but there is enough sincerity to encourage the old to do more exercise. According to the research report by American Northern West University, after observing 2286 seniors who are older than 60, analyzing their daily time for exercise or sitting still, they found out only 6% of them reach the standard of 2.5 hours per a week, and as high as 60% sit still 9 hours a day. Among them 4% become disabled because of the degeneration of physical health.

There are 56 million Americans are disabled in 2013, unable to prepare meals or in or out of bed, which raises the rate of being hospitalized. Owing to longtime sitting or lying down, the muscles consume less fat, the blood flow becomes slower. Eventually high blood pressure, heart attack, foot swollen, or diabetes is easy to become a trouble. The scholar indicated, "In case the day of being disabled comes, it is not easy to do exercise any more." The description above is not the "privilege" for American seniors only.



By Chen Yi-yu , 14 years old

## ***24. Let's go to the Taichung Park and have fun there!***

The well-known landmark of Taichung City is the Lake Heart Pavilion (Hu xinting) in the Taichung Park. If there is a chance to visit, there is good mood to bring in, like the inviting boating, walking dogs, doing exercise, sitting and resting. If we go and observe, still others like big trees, fences, green grass, little hill, the arch bridge, old architectures, and there are activities like playing chess, fairs, dancing, and chapels. Sometimes just watching kids running here and there makes the seniors happy and smiling.

If the seniors can take free bus there along with friends, they may enjoy fellowship. In case they cannot be here, they may go to outdoor places for activities and sunshine. The most economical way to deal with elderly dementia is to do daily prevention, which is better than cure.

# 老爸的退休生活



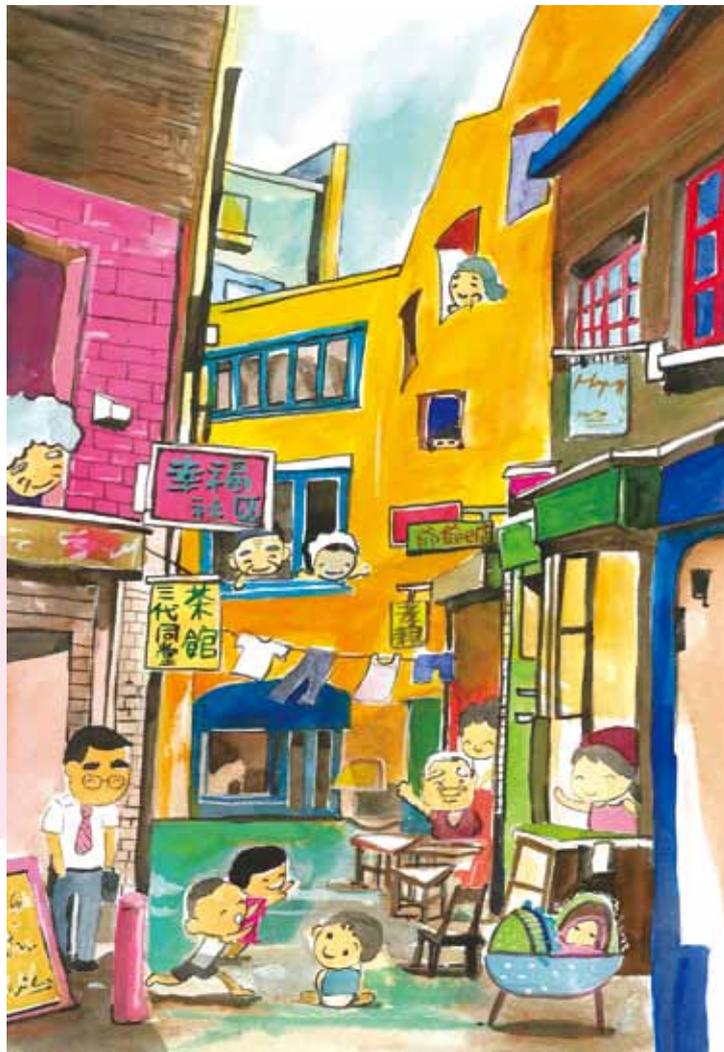
By Xiao Wei-qi , 39 years old

## **25. How do we live a shortening life in a rich way?**

As life is like an hourglass, what the old age is like the upper part getting less, the lower part getting more, which makes people worried. Retirement is a significant mark and 3 lessons for "learning": (a) Accept the fact of aging, adjust your mood: Many people regard retirement as sleeping and waking up by nature, doing the reading, traveling, or exercise, but in fact the loneliness may make him unhappy and affect other family members.

(b) Manage time and schedule well: Live a regular and simple daily life, use weekly or monthly calendar so that you may not forget or miss events. (c) Manage your health, and take good care of yourself. "Health is wealth." But those who lose health know "Health is above wealth." Go to see the doctor when ill, but you need to care for your body, proper diet and take regular exercise for instance, which will shorten your time of being cared for.

By Liu Jing-rong , 31 years old



## ***26. We should expand our home into our community.***

In the dramatic changes of modern Taiwan society, expecting the tradition of "3 or 5-generation-in-one-house" is like a Utopia. Even worse, in report of 2014 Taiwan is ranked the 88th miserable country in the world. Maybe the "Happy Community" in the comic is a dream to be realized. A more practical way is to put into practice "aging in place" which is also the goal of senior caring in civilized and developed countries.

If the nursing care depends on one's own family alone, members may get depression or tired down; we also have a saying, "There is no good son in front of bed where parents lie sick long." Therefore home nursing, government organizations concerned, hospital or clinics, community activity center, system of emergency calling are to be established and cooperated so that the seniors may get used to living in the aging place in a healthy and natural way, maintaining a self-determined and respectable life of free will. When the day the dream comes true, it is the pride of all the Taiwanese people!

By You Ting-jun , 19 years old



## ***27. Let our life dance beautifully!***

The American dancer Martha Graham (1894-1991) was devoted to dancing and choreographing for over seventy years. In her early age she danced, in middle age she acted as a dancing teacher, and in old age she started her own dancing group and choreographed until she died. Some reviews said it was even more touching when she did the choreographing behind the scene than her performance during her young age. She was awarded Kennedy Center Honors (1979), Presidential Medal of Freedom (1976), and was named "Dancer of the 20th Century" by Time magazine (1998). Her brilliant students include Lin Huai-min, the founder of Taiwan Cloud Gate Dance, and First dancer Xu Fang-iy. Dance is not necessarily our talent, but the point is to be persistent in our life goal, without regret, until we get old and die.



By Hong Qin-hui , 54 years old

## **28. "70 is the beginning of life."**

The concept of health to us Chinese emphasizes on the physical and food level. When we are sick, take medicine; when weak, get nourishment. But modern medical science and bio-tech trend to the health of a whole person that covers the balance and harmony in physical, mental, and spiritual levels.

For instance, Dr. Yang Ding-yi said, "The 'civilized illness', including high blood pressure, high blood fat, high blood sugar, cancer, depression, chronic disease, cannot be healed by only one therapy. We have to actively look for the harmonious situation created by nature.... because what illness reveals is in deeper levels the unharmonious among body, mind, and spirit. Unless we get back the harmony, it is hard to find the cause of the illness. " In other words, we human beings , young and old, need mental food, spiritual food as well as physical food.



By Wang Su-zhu , 74 years old

## **29. We should be more sensitive about "wheelchair friendly place".**

As far as handicap is concerned, we can not go without Rick Vujicic born in Australia. His life is like the organization he founded "Life Without Limbs", coping with the inconvenience of life and action, and bearing being laughing at. One day he was teased for 11 times, and he said, "Just one more, then I will commit suicide!" Then one student came to him, and he thought this was the end of his life. Unexpectedly the 12th one praised him, and it saved him; he learned playing various sports and living skills.

Finishing his Bachelor of double majors in college, he became a motivational speaker. Traveling around the world, he described himself as "No Arms, No Legs, No Worries," "Ridiculously Good Life", and his Christian faith; later he got married and had a son. The revelation to the world from Rick is handicap but not abandoned, pain but not suffering. We wish for the attitude of our society toward the disabled, including the seniors, would be like the meaning in English term "wheelchair (or handicap) friendly place".



By Wang Si-yi , 19 years old

### ***30. What do we do for the parties with seniors?***

As to interest, we may have to define what it is. Can eating and drinking, singing and jumping, flipping the cell phone be regarded as interest? At least it is to be learned, developed, pleasant and healthful to body, mind, or spirit. Ernest Hemingway said, "If you are lucky to live in Paris when young, it will follow you, like a banquet portable." The President of Taiwan Semiconductor Manufacturing Company Zhang Zhong-mou quoted it to interpret his 3 developments in learning and interests: curiosity in various arenas, habit of life-long learning, and habit of independent thinking.

President Zhang doesn't regard the common saying "It's never too old to learn." as life-long learning, which requires 3 elements: Goal, Discipline, Plan. The acronym is GDP which can be implemented in music, arts, literature, exercise, gardening, hi-tech, financial management, reading and writing, etc. It takes perseverance to master it step by step and transform it into your own ability; then we may say we do not live in vain.

By Lu Shao-jie , 10 years old



### **31. Let's learn more for table games.**

Generally speaking, table games can be helpful to prevent from getting dementia. For example, to playing chess, it takes thinking analysis, developing strategy, deciding the possibilities of winning or losing. In chess games "it is not a big deal to win or lose", which is helpful to EQ growth. In the comic here the senior looks in high spirits, like another type "Grand Chess Player ". The brain games include Chinese checkers, Chinese chess (half board, whole board, tiger hunting, majiang), 5 in-a-row, the go, western chess, etc.. In poker games, there are varieties like 10 and a half, 21, 7's rows, big-2, bridge. If you know how to play UNO which is very popular in foreign countries, you may get more chances to make foreign friends. It is better to learn these games in earlier young days, and it would be a great merit if a young man can teach a senior how to play poker big 2.



By Bai Yan-ru , 12 years old

### ***32. Learning and using different languages does good to mental health.***

The author of the comic imagines the fruit on the tree as the abilities of an old man, such as doing housework, learning Chinese, learning English, playing the music. In fact, fruit does not grow in one or two days, from seed, bud, sapling, tree, blooming, to bearing fruit, it does take nourishment and persistence. In the Bible Galatians says, " But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!" (5:22-23NLT) We hope every citizen would make a wish for the future age to bear a fruit named " friendly aging \ learning" and enjoy physical, mental, and spiritual health and happiness.



By Bo Qi-lei , 10 years old

### **33. A young heart gives out active life.**

On internet a definition of old men in Taiwanese goes like, "Standing without vitality, sitting with yawning, lying without sleeping, angering without eating, getting full stomach and farting, talking always about the past, forgetting what is talking at present, going outdoors and nowhere to go, to die with no courage, and then live on with no choice." It is funny for reading, but the seniors may be offended or get mad by the words, but it doesn't help, and the better way to fight against them is to change them into positive words, like "standing with vitality, sitting without yawning,..." By the way, we have positive idioms like "getting even stronger while getting older, an old horse knowing the way better, still playing the fighting knife while old, the old ginger tasting stronger." While the hair on the temples gets white, it is not easy "to keep a young heart", and it not only takes to change the thoughts but also takes discipline.



By Lin Jia-yi , 10 years old

### ***34. Happiness does not depend on what we have, ...***

An old saying goes, "Live and learn." Modern saying is life-long learning. This is not supposed to be a slogan or an ideal. Each one has to take it into consideration: How do I seriously put it into practice "to learn and enjoy happy life in old age ", what goals do set up? and how do I execute and manage them well? In fact, we all want happiness, and we sing "Happy Birthday to You" all the time, but the definition of happiness may vary among people. There is a saying, "Happiness is inward and not outward, so it does not depend on what we have, but what we are." This is a good life-long lesson to learn.



By Yang Cheng-yan , 14 years old

**35. Don't let it happen "when you want to serve your parents but they are not there any more."**

The comic here is critical to appeal "to take good care of old parents". Here through the super electric waves from the superman to stop the heavy traffic or busy life so that the children can prepare the need of the seniors. Those busy people or those who do not take good care of their parents are supposed to feel ashamed. In Song Dynasty scholar Ou Yang-xiu in his well-known "In Memory of Grandparents" said, "Serving abundant sacrifice food is inferior to serving simple food while they are living. "

In Taiwanese three sayings are related to filial piety, "A bean in living is better than worshipping a pig head after death." "Feeding the wife to a fat level, while feeding parents as skinny as a bone." "Nobody cares while parents are living, lots of children appear after death (to share property)." In spite of warning or satire, serving old parents in time is a 3-win policy: the parents, you yourself, and next generation.



By Chang Wen-qi , 8 years old

### ***36. Helping others is the source of happiness.***

To be a volunteer? No payment, and spending time and energy, is it worth? A couple of musicians often go to senior nursing homes, playing cello and flute. The wife would say, "We will play Bach Suite." One of the audience who is hard of hearing asked her neighbor, "What did she say?" The reply goes, "They will play Yawning Suite." (Bach sounds like yawning in Taiwanese.) If the music makes one yawn, and it might be helpful to get into sleep.

Volunteers often appear at school entrance conducting traffic, sweeping on the street, pushing beds in the hospital, serving at senior organization etc., they also appear at some professional places, like court, post office, fire department. The service they provide is not a matter of worth or not, but to reveal the worthless positive meaning and strength of human nature and virtue.



By Chen Hao-en , 12 years old

### ***37. Is your singing kara-ok okay?***

Grandson asked, "What does 'karaoke' mean?" Grandpa replied, "Karaoke is a combination of people who shouldn't drink with people who shouldn't sing!" Of course this is a joke. But there are people who drink and sing at random, and people whose voices are hard for listening to. There are quite a lot of people who love karaoke, but make sure you control the volume and the time period you sing so that you won't make noise to pollute the tranquility of your community.

Besides, a joke goes like how a man knows he is addicted to karaoke is "when you clap when a song finishes on the radio." (Karoake is from Japanese "kara-orchestra" which means nobody plays accompaniment. The music of each song is recorded first so the singers may listen and sing along. )



By Luo Hui-jun , 13 years old

### ***38. The Chinese four arts should be learned in earlier ages.***

The seniors who reveal signs of early dementia like memory obstacle, misunderstanding or wrong judgment, or lower caution about danger, are supposed to go to professional physicians instead of judging by personal feeling. At the same time, the concept of "eating brain nourishes the brain" should be outgrown. It used to be a sarcasm to call "senile", now "dementia" instead, which is a more moderate expression. In 2013 about 200 thousand people tend to get dementia. Health Bureau pointed out: "Dementia is a disease, not necessarily a process of aging. Younger ones may suffer from the illness as well."

How to make "the brain stem grow new twigs"? Besides the good management of eating, sleep, exercise, and living habits, medical experts regard the most effective ways as developing the brain and taking new risks. It is good to work more on numbers, calculating, accounting; reading, writing, keeping the diary; reasoning, critical thinking, playing instruments, wisdom games, etc. The comic here focuses on the four Chinese arts, and the sooner people start to learn them, the better it will be. Otherwise when it goes like a rap saying, "Stringed instruments, chess, calligraphy and painting I can do nothing, cooking and washing I am also tired of doing." Then one is apt to enlist the group of dementia.

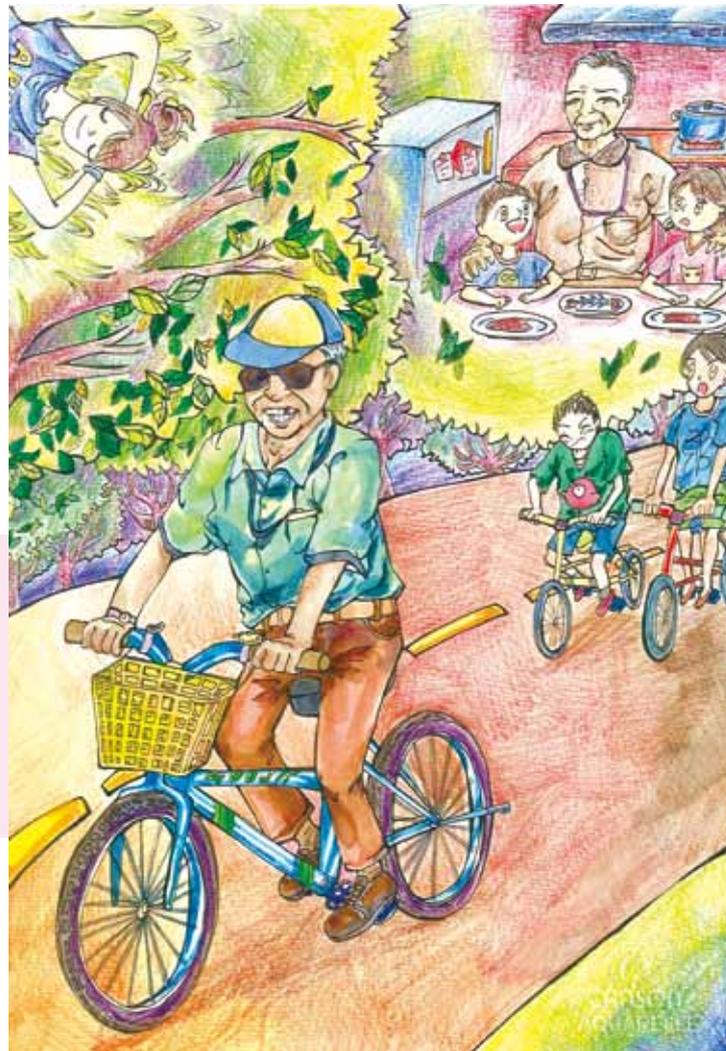


By You Yi-qing , 16 years old

### ***39. Life is a continuing progress.***

The Nobel Literature Prize was awarded to Pearl Buck for her epic novel describing the Chinese farmers, "The Good Earth" and her other brilliant essays on life. She wrote, "Life is a continuing progress. I have begun to live the eightieth year of my life. It is an enjoyable year. I am in good health, I have much work to do, and I enjoy myself and what I do. ... I am alone and yet never alone or lonely. " She kept reminding herself the balance and coordinating on dieting, energy, work, sleep, and mental aspects. It seems that she understood not only the Chinese farmers but also Confucius' philosophy of living, "When in seventies, live a free life without going over the boundary." Thus one should discipline oneself well before expecting others of kindness to you.

By Lin Ru-an , 16 years old



#### ***40. My grandpa is a model of healthy old man.***

The grandpa in the comic is a model of exercise in aging LEARNING. To live better and longer, one needs a strong immunity system, which functions best to resist virus and to distinguish the bad cells in the body. Immunity comes from balance of diet, good sleeping, relaxing mind, and most of all from exercise, and sunbathing 15 minutes a day. From a cold to a cancer, a strong immunity helps to decrease the negative syndrome and increase the positive effect. The sufficient amount of exercise makes the blood carrying nourishment and antibody to the ending or weaker parts in the body where virus is apt to form or accumulate.

To summarize the advice from medical professionals, the best frequency is 7 times a week (at least 3 times a week); the best way is walking (especially speed walking); the best period is 30 minutes after meals; the best strength is 130 heart beats per minute; and the best mood is to hum a melody. An old Chinese saying goes, "In case one is persistent in doing the right, time going by, fragrance will release itself." Exercise does the same thing.

By Chang Ting-xuan , 17 years old



## ***41. What is it like a city of friendly aging and learning?***

Some organizations went to long-life village at Okinawa in Japan to survey friendly aging community, like the TED "How to Live 100+?" They discovered something to do with natural light food and drink, colorful vegetables and fruit, little fishes, and others find there are 5s's of living habits: Simple, Slow, Sharing, Sleep, Smile, but the family and social culture respect the elderly, and the elderly are not ashamed of getting old, but proud of themselves instead, which is rare among world culture. Moreover, they don't have the concept or institute of retirement when one is 65 years old. They "live and work" , not feeling bitter. We Chinese have a saying, "Take care of other elderly as well as our own", but it takes a long way to reach active aging. Maybe we can change our concept first as the Okinawa people do.

By Huang Bo-yuan , 13 years old

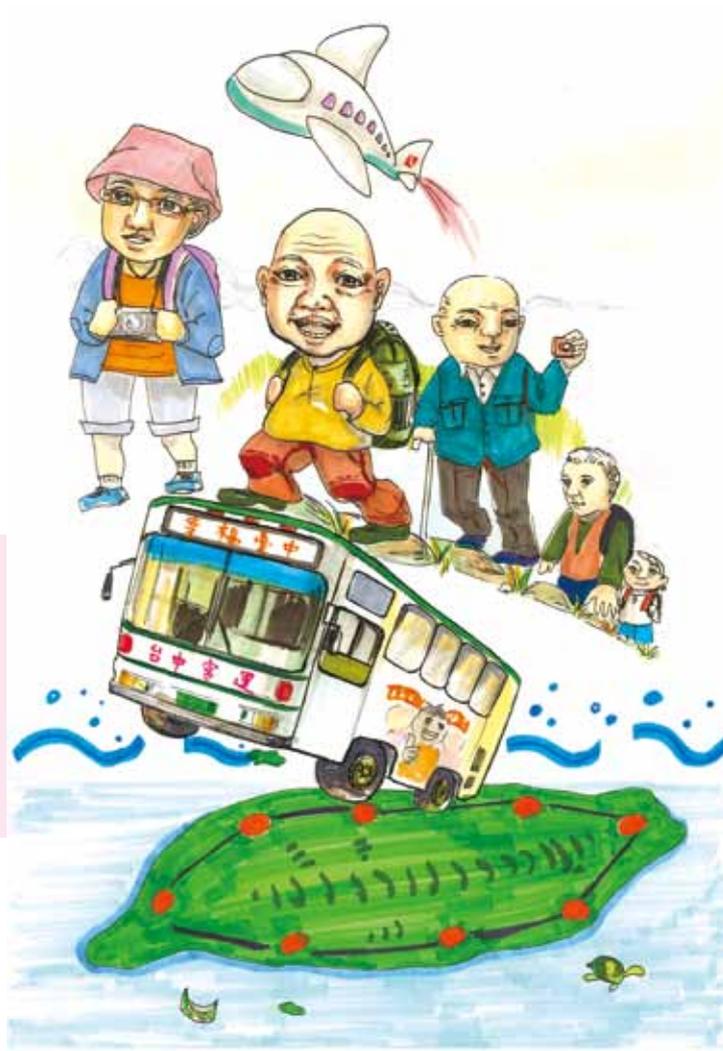


## ***42. Exercise happily brings happy health.***

"Regarding dementia as it is totally from hereditary or it can't be prevented is the biggest misunderstanding to the disease." said Dr. Gray Small, the director of Senior Study Center of LA college of California University. The researchers discovered dementia is like heart attack or cancer, which are formed through days and years and affected by the causes of living habits, including cholesterol, blood pressure, heavy weight, cancer, depression, education, nourishment, sleep, brain, physical strength, and social activity, etc.

Exercise brings in many advantages, but it seems not many people know it does good to memory. Exercise takes the oxygen in the blood into cells called neurons which organize and store memory. An experiment reveals the student group who go regular jogging gain better achievement than the group without jogging. The elderly who may suffer from the brain shrinking need even more exercise to stimulate the brain function. Let's remember the Taiwanese saying, "There is no master of exercise, and those who do hard will become the masters."

By Wan Rui , 18 years old



### ***43. With convenient traffic facilities we can travel around Taichung City.***

An old lady took her first flight to America to visit her grandson. Her ticket was to be in economical cabinet, but she saw the business seats were wide and comfortable and seated herself there. Whatever the stewardess might advise, she would not move, and the stewardess could do nothing.

A young man witnessed the scene and went to whisper to the old lady, immediately she took her bag and moved to the back. The stewardess admired the young man and asked him what he said to the old lady. He replied, "I told her if she wants to go to America, she is to sit at the back, and the front part is to fly to Australia." The point of the joke for the seniors to learn is for traveling we need knowledge, not just money and time.



## 44. How do we "Live and Learn"?

"What is the most expensive bed in the world?" The answer is "the sickbed"; the price can be lots of medical fee or a life. A celebrity may hire someone to carry his briefcase, drive his car, or attend social occasions, but nobody can eat, exercise, sleep, or get sick for him or her. A saying goes, "You need three meals a day even you have millions of property, one bed is all you need even you have thousands of houses." Therefore, to balance your money, material, or power desires is the credits we have to take for health, happiness, and long life-span. In case one day there is red marks in the medical report, it may be a little late or too late.

Therefore, one is supposed to cherish oneself and be kind to others. The former includes good habits of eating and living, regular exercise, adjustment of emotion; the latter includes manners, good virtue for the public, kindness to people, positive interaction and communication, mercy on the poor and weak, but also be preventive to be cheated, either by strangers or by acquaintances, for what you may lose includes money, emotion, or health.

By Wang Min-ru , 19 years old



#### **45. My motto : *Be forever young and keep wisdom.***

A principal has been devoted to education for 30 years, in his retirement banquet an elf appeared and said, "To reward your labor and contribution, you may have one of the three options as a gift: wealth, long life, or wisdom. "He was surprised and chose wisdom without doubt, and then a flash of golden spots went around him. Immediately the principal looked like a senior of great spirit and wisdom. The audience wanted him to reveal words of wisdom, and he said, "Just a moment ago, I made a wrong choice!"

People like to talk about loving wisdom, but what is wisdom? The answer can be like the saying, " Each one has his own trumpet and plays his own tune." For instance, will such people as flip "wisdom cell phone" all the time own wisdom? Actually the original meaning is "smart phone". In case seniors who like to quote "I eat more salt than you eat rice" to show off his wisdom may get a feedback, "Have you eaten salt all your life?" In the comic here how do we "keep wisdom forever"? The Bible says, "To know God is the beginning of wisdom," which can be an option of great wisdom.

By Lin Yun-ru , 19 years old



## **46. Let the hearts of the family be connected.**

A well-known quote by the late American president John Kennedy, "Don't ask what your country do for you, but ask what you can do for your country." If a senior can take good care of himself, which will release the burden of the country, like "killing two birds with one stone", doing something for yourself is doing something for the country. The Japanese writer and celebrity in business field, Zeng Ye Ling Zi, wrote a book when she was in eighties, prevailing "How to live an aging life of self ease, optimism, and advance? " Letting alone the social welfare or lawmaking, she challenged the seniors and herself 6 issues, starting with oneself, to sum up as "wiffar": working, independent, flexible, faithful, alone, realistic. In brief, they are:

1. Just work: "Work as long as you live." Though she is rich, she has no servant maid. She does the housekeeping like cooking, cleaning, washing, gardening, living by herself. (part 1/2)



By Chen Mei-zhu , 45 years old

## ***47. Let our whole family present what we learn!***

2. Be independent: Many seniors get into the habit of asking for help. For example, on the bus a senior should learn not expecting other people would make room for you. You do what you should do and can do, trying not to bother others.

3. Be flexible: Live your life appropriately, not relying on your spouse or children. If you have no money, "don't beat yourself swollen and pretend you are well-fed and fat." In case you are penniless, awakening yourself that you may have no place to bury after death.

4. Be faithful: Zeng-ye started reading the Bible at forty, describing God's Word is like a pair of glass with correct degrees, which makes you see clearly what the world is, and furthermore a good place to go after leaving the world.

5. Be alone: Being alone is inevitable, trying not regard it as negative or self-pitiful. On the contrary it can be a great opportunity to feel the quietness and pleasure of life, discovering yourself, and taking proper adventures.

6. Be realistic: Aging, solitude, sickness, death are parts of life, and try to face the music without worry, looking something fun in them. Prepare your death properly, and try not to give others trouble. Being able to fulfill the six issues is not too far from "aging gracefully". (part 2/2)



By Huang Guo-zhen , 71 years old

#### ***48. Our government should deal with the issues of the gap between the poor and the rich.***

"Who would imagine that the average of the life-span in Taidong, 73.7 years, is 8.5 years shorter than that, 82.3 years, in Taipei,?" We wonder how many people would pay attention to the big title in media. Taidong is a place of beautiful mountains and clean water, how come they live shorter than the residents in Taipei? According to the research of Public Health Promotion, "The city-country gap, including unbalanced distribution of medical resource, makes the unequaled health worse and worse. ...In Yunlin County the condition is the worst, which may go down 26% mortality if they have the same living conditions as those of northern Taiwan. "

The increasing gap results mainly from the economic weakness and social and educational unfairness. The WHO urges each nation to put health in all policy makings, not just in health policy making. The late U.S. president Ronald Reagan had a good saying, "Government's first duty is to protect the people, not run their lives." The people are supposed to take care of themselves, but government that has the authority of administration, distribution, and supervision also has the responsibility to take care of the people, especially the weaker seniors under city-country gap.



By Wang Jia-hui , 19 years old

## ***49. The duty to build a society of happiness is on the shoulders of young and old.***

Dr. Li Xiang-jiu, a Korean American doctor, is well-known for his gene study and preventive medical science. In a speech while visiting Taiwan, he said, "It is a misunderstanding that genes never change. Actually, their meanings may change better or worse, owing to man's behaviors in diet, habits, exercise, and emotions. Good genes from heritage may become bad, and bad ones become good." ...So-called "energy" referring to determination, vitality, and immune system, either strong or weak, comes from the mitochondrion (energy manufacture) in the cells, and endorphin (happiness hormone) in genes, and the quality and quantity will decide the response to the meanings of health. And we should know the positive or negative emotions are the main causes."

Dr. Li and his group related promote a movement of balance health with eight aspects named NEWSTART : Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust, which are good lessons for the seniors. Recently we have heard people say, "Our own country we ourselves save." "Our own children we ourselves save." How about our health? If we wait for others to save, won't it be too late?



By Xu Yi-Rong , 19 years old

## ***50. It is never too old to learn.***

According to WHO definition of health: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." It has never been revised for 66 years since it was defined in 1948. It is a pity that the Chinese society emphasizes too much on medicine, nourishing, and life expectancy. For instance, the media are full of reports on food, drink, play, and fun, and short of on the health of mental, spiritual, soul, characters, life, or ethics; no wonder a car horn on the street brings big conflict, drunk driving accidents occur repeatedly.

WHO study shows the proportion between health and medical treatment in four parts: only 10% in medical resources that we focus on much; 20 % in living environment; 20 % in physical heredity, high up to 50 % in personal life styles; some advanced countries named the 3 Highs (high cholesterol, high blood pressure, high blood sugar) as "diseases of living habits". In other words, what matters most on health is healthy living habits.

## **ENDING WORDS**

Many well-known books are listed as "books of unfinished reading", including a bestseller of popular science by Dr. Steven Harking -- "The Brief History of Time". Allen Burger, a professor of Wisconsin University indicated, "Most readers may not finish a book from cover to cover. Usually they turn over the front chapters or underline some points." If you ask yourself how many books have been finished reading, the answer may be like: "A blind man swallows the rice dumpling balls (tong yuan)- counting in his own mind. -- He himself knows."

Therefore, if you read from the preface to the ending words here, congratulations on you! You have made one more good record. But here comes the challenge: Are we teachable for the useful lessons? How long can we insist on practicing them? A celebrity with long life Nan-Huai-jin once said, "A man's health and long life are accumulated day by day." On the other hand, a man's losses of his health and life are losing day by day as well. We are often told, "The master leads one into the door, to discipline is on one's own." Many crafts are mastered this way, so is aging learning. If someone regards it as "a gift down from heaven", it is suggested that he go outdoors more and look up in the sky.

Besides "the classical words from the seniors", the book provides some rapping words or sayings on LEARNNG. 10 of them were edited down here, and we would like to invite the readers to write down the pages where the quotes appear. One benefit is to review is to know something new, the other is to prevent us from dementia problem -- which is "killing two birds with one stone". (The keys are provided at the back of the ending words.)

- ( 1 ) 4-wheel drive (4WD) : physical exercise, mouth caring, brain using, and mutual interaction ..... (P.\_\_\_\_)
- ( 2 ) 3 elements of lifelong learning: Goal, Discipline, Plan. (GDP)..... (P.\_\_\_\_)
- ( 3 ) "Serving abundant sacrifice food after death is inferior to serving simple food while one is living." ..... (P.\_\_\_\_)
- ( 4 ) 333 Exercise Movement..... (P.\_\_\_\_)
- ( 5 ) 5 S's : Simple, Slow, Sharing, Sleep, Smile..... (P.\_\_\_\_)

- ( 6 ) "There is no master of exercise, and those who do hard will become the masters." ..... (P.\_\_\_\_)
- ( 7 ) Zeng Ye Ling Zi 's 6 "wiffar" : working, independent, flexible, faithful, alone, realistic.(P.\_\_\_\_)
- ( 8 ) NEWSTART : Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, Trust..... (P.\_\_\_\_)
- ( 9 ) According to WHO definition: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." ..... (P.\_\_\_\_)
- ( 10 )" In case one is persistent in doing the right, time going by, fragrance will release itself. " ..... (P.\_\_\_\_)

If you are unable to remember so much, you still can cherish the lucky opportunity to get the book or to finish reading it with patience. At least, you try to keep the first one in mind: "4WD", or the following simple 4-point motto, and put them into practice in daily life :

***Speed walking, more vegetable and fruit, less anger, and enough sleep.***

May you be blessed! Take good care of your body, and your body will take good care of you!!

Keys:  
 (1) P.23 (2) P.67 (3) P.77 (4) P.87 (5) P.89  
 (6) P.91 (7) P.99 (8) P.105 (9) P.107 (10) P.87

# Friendly-aging Comics and Messages

— To Build a Bridge for Chatting with our Elders, and to Prepare our own Aging Gracefully —

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The book "**Friendly-aging Comics and Messages**" consists of both **drawing** and **literary** works.

That we promote "**friendly aging and learning**" implies 4 things : Facing and managing the changes of getting old happily through learning, making preparations for the coming of senior ages, giving the positive meanings of realizing being old, and choosing to be a happy senior.

It does no good that we often neglect the existence of our seniors even at a party. The book content will be good topics for "**chatting with our elders**", make it easier to communicate among generations, and may become a guideline for readers to go on the way of "**aging gracefully**".

