



**February 26, 2024**

### **Super Agers**

The November issue of the AARP Bulletin had a very interesting article on “Super Agers” and how they do it. A “super ager”, according to the article, is “someone over 80 with an exceptional memory — one at least as good as a person 20 to 30 years younger.”

Although I haven’t reached this milestone yet, I, nonetheless, read the article with keen interest. Much of the information in it was based on a study of 1,600 participants in the University of California, Irvine’s 90+ Study, a research project examining successful aging and dementia in people 90 years and older.

The study led to “7 Secrets of the Super Agers.”

Super agers ...

1. control their blood sugar and blood pressure.
2. talk to their friends — a lot!
3. avoid stress and prioritize mental health.
4. prioritize sleep.
5. protect their vision and hearing.
6. don’t exercise more, but they push themselves physically.
7. do more than Wordle.

While many of these “secrets” are somewhat predictable, I

especially like the seventh one where the author of the article goes on to talk about “reading, listening to music, traveling, playing games, and attending lectures and concerts” — activities all meant to keep the brain active.

I am quite confident that if the University of California team chose to reach out to northern Michigan for their next study participants, they could add a fair number of success stories to their list. And, if age were measured **not** by the number of birthdays celebrated, but rather by the level of active engagement, I am confident that the “average age” St. Andrews’ congregational membership would plummet.

After all, we pay attention to our bodies, staying as alert and active as they allow. And we certainly like talking with our many friends in the church — just ask a Liturgist when it’s time to get back to the service following the passing of the peace!

But, we also do one thing more that doesn’t show up on the AARP list. We believe and act on our belief in a loving, nurturing God who cares for His creation including every single one of us! We pray to this God. We confess to this God. We sing songs of praise to this God. We serve this God, and we study the living Word created in His name. We also link arms with fellow believers at St. Andrews and around the world who do the same.

Whether we strive to be “super agers” or simply human beings who live life to the fullest at every age, isn’t it good to know we are exercising our brains as well as our hearts along the way.

~Written by Bonnie Garbrecht

---

**Click [HERE](#) to read previous "Faith Matters" articles**



8190 Lincoln Rd. Beulah, MI 49617  
231.882.4241  
[www.benziestandrews.com](http://www.benziestandrews.com)



Benzie St. Andrews | 8190 Lincoln Rd, Beulah, MI 49617

[Unsubscribe media@benziestandrews.com](mailto:media@benziestandrews.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by office@benziestandrews.com powered by



Try email marketing for free today!