



August 29, 2011 – Grand Rapids, MI

## 68 and Counting

My in-laws, Don and Ruth Jones, celebrated their 68th wedding anniversary yesterday. They were married by Ruth's mother who was an ordained minister—I guess it took. These photos show the before and after:



For 88 and 86 respectively, they're doing very well as you can see. Dad still lives downstairs, mows the lawn, and is an avid reader and napper; Mom lives in a continuing-care facility a couple of miles away, and the staff is just as wonderful as anyone would wish for his or her mother. She can't walk anymore, but that hasn't dampened her

attitude; she's about as happy as she can be not living at home. She has friends, activities, and lots of cute clothes, and the love of her life visits every day.

One thing they both said is that they'd like to make it to their 70th anniversary, and they've got a good shot at making it; they're in good health and get high-quality healthcare. I always talk about having goals, and they've set theirs—how about you and your spouse?

What are you prepared to do today?

***Dr. Chet***

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