

### No Time at All\*

When you are as old as I, my dear  
And I hope that you never are  
You will woefully wonder why, my dear  
Through your cataracts and catarrh  
You could squander away or sequester  
A drop of a precious year  
For when your best days are yester  
The rest'er twice as dear....

What good is a field on a fine summer night  
When you sit all alone with the weeds?  
Or a succulent pear if with each juicy bite  
You spit out your teeth with the seeds?  
Before it's too late stop trying to wait  
For fortune and fame you're secure of  
For there's one thing to be sure of, mate:  
There's nothing to be sure of!

Chorus:

Oh, it's time to start livin'  
Time to take a little from this world we're given  
Time to take time, cause spring will turn to fall  
In just no time at all....

I've never wondered if I was afraid  
When there was a challenge to take  
I never thought about how much I weighed  
When there was still one piece of cake  
Maybe it's meant the hours I've spent  
Feeling broken and bent and unwell  
But there's still no cure more heaven-sent  
As the chance to raise some hell.

Chorus.

Sages tweet that age is sweet  
Good deeds and good work earn you laurels  
But what could make you feel more obsolete  
Than being noted for your morals?  
Give me a man who is handsome and strong  
Someone who's stalwart and steady  
Give me a night that's romantic and long.

And give me a month to get ready  
Now I could waylay some aging roue  
And persuade him to play in some cranny  
But it's hard to believe I'm being led astray  
By a man who calls me granny.

Here is a secret I never have told  
Maybe you'll understand why  
I believe if I refuse to grow old  
I can stay young till I die  
Now, I've known the fears of sixty-six years  
I've had troubles and tears by the score  
But the only thing I'd trade them for  
Is sixty-seven more...

\*Pippin | 1972 | Lyrics by Stephen Schwartz

### IT'S TIME TO START LIVING

By Mary Patricia Voell

In 2018 I was invited to create an opening presentation for the POAMN *Saving the Journey* Conference in Lake Tahoe, Nevada. The final product, *Voices: An Imagination Celebration of Aging*, celebrated and honored older adults and combined the outstanding talents of POAMN members: Lynn & Mike Fonfara, Michele Hendrix, Anne Jenkins, Judy & Ray Jones, Ginny Nyhuis, Lillian Rhudy, Debra Palmer, Chris Pomfret, Annie Tarbutton, Bryce Wiebe. They set an energetic tone for the upcoming talks, meetings and conversations.

Literature and research reinforce the positive impact on the health and well-being of participants involved in interactive and participatory arts programs. Music and art, theater, puppetry and storytelling provide opportunities for creative self-expression, healthy aging, life-long learning, a sense of accomplishment, control, choice, self-esteem and fun. Nurturing mind, body and spirit, by conducting holistic arts programming for senior care, and at the same time engaging families, staff and community turns passive seniors into active and involved seniors.

The song, *No Time At All* sung by Martha Raye in the musical Pippin was one number we used at the Lake Tahoe conference to share the older adult journey. The chorus, "*Oh, it's time to start living*" says it all. Aging is not the end but the beginning of yet another life-filled chapter.

Performing arts programming that feature music, song, dance recitation and acting tap the evident and hidden talents of those in your care ministry. Various formats help to bring these talents forward.

**Cabaret Theater** can give celebratory voice to individual stories working with resident, family

and staff ensembles and invites an audience to open their hearts to a new definition of aging and creative engagement.

**Reader's Theater** introduces individuals to theater concepts in ways that are easy to grasp and enjoy. With no memory work involved, anyone can be a skilled performer in quick order using ready made scripts, poetry and radio plays.

**Sing Out Seniors.** Inspired by the Young @Heart performers, Sing Out Seniors attacks aging head on. In an era where the elderly are seen as people who need to be looked after and entertained, Sing Out Seniors introduces contemporary music to participants and audiences alike, turning the old age formula upside down.

Let their light shine, and remember to have fun!

***Mary Patricia Voell** is founder and owner of Legacies, LLC | Personal, Family & Organizational Historians, whose sole mission is to help others capture and preserve their stories. Since 2001, "before it's too late" became a mantra and inheritance to develop vehicles of storytelling and preservation as a writer, trainer, speaker, and producer using over 40 professional chapters in fundraising and development, marketing and public relations, theater and music as the tools of trade. As a personal historian, Mary's education includes advanced degrees from the University of Wisconsin-Milwaukee, in Interpersonal Communication and Adult Education, having taught at the Milwaukee School of Engineering and Marquette University, coursework in Life Review and Reminiscence from the University of Wisconsin-Superior, and Guided Autobiography.*