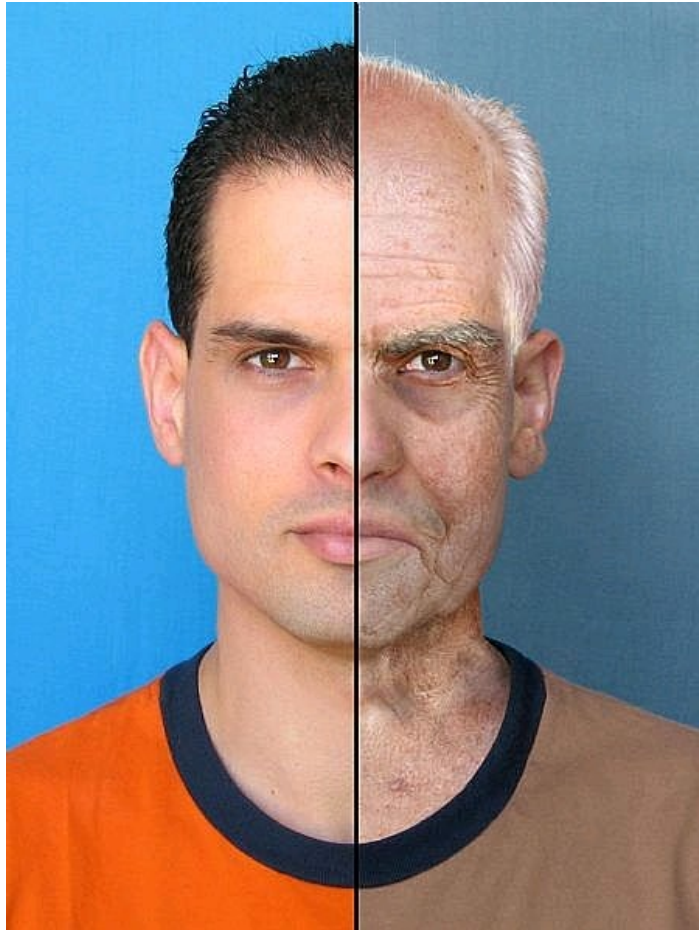


How to Survive Your Fifties

By Allen Smith, eHow User



Ask anyone who's passed their fiftieth birthday and they'll confess that things just aren't the same. It begins with "The Letter." The letter is your friendly reminder from AARP that you are now eligible to join their ranks--comforting and depressing at the same time. This article will help guide those of you who are new to their fifties through the minefield of daily living.

Difficulty: Moderately Challenging

Instructions

things you'll need:

- A larger medicine cabinet
- Numerous pairs of reading glasses
- Your physician's telephone number programmed into your speed dial at position number one.

- 1 The first thing that you'll notice after reaching the magic age of 50 years old is that everything takes longer to do. So, buy a new alarm clock and set it to go off 15 minutes earlier than normal so you won't be late for work.
- 2 Make an appointment with your [family](#) physician for a complete physical. After pinching and probing you, he'll extract a variety of fluids from your body to give him more information about how you've held up during the past half century.
- 3 After leaving the doctor's office, you'll have a fist full of new prescriptions and a list of over-the-counter medications to apply 3 times a day, so call your general contractor and have him install a larger medicine cabinet in your bathroom. Buy duplicates of all of your medications. Leave some at home, some at your office and some in your car--you'll constantly be forgetting them.
- 4 Purchase a hand-held mirror and magnifying glass to help you with delicate operations such as pruning the hair out of your ears and the inside of your nose.
- 5 If you're married, consider moving all of your hygienic supplies into the back bathroom. With all of your bodily functions slowing down, you'll need more time and won't want to impede on your wife's morning schedule.

Tips & Warnings

- Make extra copies of the keys to your house, [car](#) and office. Leave them with your neighbors, your landlord and in your safe deposit box at the bank.
- Buy a new men's or women's [grooming](#) kit--the kind with scissors, tweezers, toenail clippers and other instruments. Each morning, you'll be practicing minor surgery to deal with the various things that are growing or oozing out of your body.
- Never depend on your memory for anything. Leave yourself notes all over the house, in the car and inside your shoes.
- Make sure your prescription drug plan is paid in full. You'll be needing it.