

Newsletter Articles

Editor's note: The opinions in these articles are the authors' and don't necessarily represent the views of the SSC.

What's in a Name? Why 'The Moxie Muse'?

With thanks to Webster, Oxford and Roget for their assistance in crafting this word play to explain the reason for this Newsletter moniker suggestion: **Moxie** – a noun meaning “force of character, energy, ingenuity”; “courage, pluck, guts, perseverance”; and a soft drink trademark; **Muse** – a noun representing” Zeus' nine daughters, the goddesses of literature, arts & sciences; the inspiration of poets and artists”; and “source of inspiration and creativity. The synonym, mews, is the collective term for a set of buildings that have been repurposed for dwellings.

The rationale for “Moxie Muse' follows from definition, history and anticipation of the SSC Newsletter's purpose. Envision it as a representation of the Members' determination, endurance, courage and self-confidence. The journal represents the backbone of the Club publically recounting the Members' escapades, accomplishments and future. Their fighting spunk inks the spirit of the articles while their boldness colours the display of that on the website.

If this attempt at identifying the Club's Newsletter isn't appropriate or liked please offer other options for this SSC communication format. A free monthly dinner ticket is the prize for the winning entry.

On Change

A given: Change is inevitable. The corollary to certainty is that change is distressing and that an undesirable outcome is not necessarily inescapable. The key to accepting change is one's disposition, one's willingness and outlook, one's desire to change - adaptation. Eventually, embrace it. Grab the joystick. First thing, take care of your health. These examples of using life enhancing accessories are simply ways of ensuring your independence to pursue and enrich life's pleasures. It is a mindset that reliance on assistive aids has a negative, debilitating stigma – a stench of inadequacy, frailty, ineptitude. The good news: For whatever physical challenge, there's probably an effective solution. Just be proactive in finding and using it. Think on Jules Renard's comment: It's not how old you are but how you are old.

Again, we're talking about outlook. We easily acquire the desire required to visit our grandkids or to bite into a delicious dessert; however, the desire to be active easily fades when it comes to recognizing and accepting the need for help. But the power of a proactive disposition does wonders for desire when one sees and feels the positive outcomes of addressing the inevitable and using the benefits of support and services. Bottom line: Change is a constant. One's ability to shift your new normal will always be the secret to adapting to that constant.

SSC Website Launch