

Evelyn Anderson Interview



+ 80 years of age

Born in Edson, Married with 3 grown children and 8 grandchildren.

Evelyn is active in the community. She volunteers at the Muttart Conservatory and the Cross Cancer. Evelyn finds giving back, uplifting, when she can make someone else's day. It also makes her grateful for her mobility and health. She tries not to "sweat the small stuff".

Her Stay Young personality is maintained by being an out of doors person her whole life. She and her husband start their day by walking every morning. There is, also, the twice weekly Scottish Country dancing and the three times weekly badminton.

Upon retirement, Evelyn took up golfing (and swearing). She was filmed bungee jumping at WEM. They had to do a 2nd take as Evelyn didn't scream the first time. She admits she was too

scared to scream.

"Did you know that when you are 80 years of age, you can ski free?" asked Evelyn. Her husband and her ski, once a year to celebrate how they met, so many years ago.

Besides working diligently, Evelyn said we must take time off as well, to read or do something for ourselves. She appreciates life as 11 years ago, she had a pace maker. She remains positive and active, saying that it is up to her to live and enjoy every day. Her husband thinks of her as an energiser bunny. Saying that sometimes he would like to turn her batteries down.

Evelyn resisted the computer, thinking they would not catch on, kind of like horseless carriage. One of her supervisors at the Cross showed her how to register for ELLA on line. Evelyn was so proud and says if she can do it, anyone can.

Evelyn says she requires a second retirement because there is so much more to do and to learn. She figures when she gets older, she will take up the card game, Bridge. Evelyn's mother lived to 94 years of age, so that is a distinct possibility. Thanks for the enthusiasm, Evelyn.

Photo and Article By April Hildebrandt