

Expiry Date, Can we Predict Our Own?

On what would have been my mother's ninety-third birthday, I am pondering whether or not we can predict our own expiry date. Sounds morbid, I know, but this thought has crossed my mind many times since my mom passed away suddenly and much too early at the age of sixty-five.

How Much Does Genetics Count for our Expiry Date?

As mentioned, my mother died at the age of sixty-five. My father was seventy-eight although I believe he would have lived longer if my mother had. He was devastated upon her early demise and never really recovered. His broken heart gave out twelve years later.

So, is my own expiry date closer to sixty-five or seventy-eight, or somewhere in between? I realize there are many other factors involved, but I admit these thoughts have affected many choices I have made recently as I approach the dreaded sixty-five year marker.

Is Sixty the new Forty?

I certainly hope so. I think I am healthier and fitter than my parents were in their sixties. If this holds true, maybe my expiry date will be extended for good health. Although each decade seems to bring its own health issues, mine have been relatively minor, especially since I have the [wheat thing figured out](#).

Early Retirement

One of the decisions made due to a potential early expiry date was to retire early, at the age of fifty-two. Well sort of. I accepted a severance package to leave my position within a hospital laboratory at that age but started a [landscaping business](#) the very next day. That was ten years ago already. Time does indeed fly when you're having fun! This season I have [cut back on my gardening services](#) to spend more time with my recently [retired husband](#).

Retirement Plans

With both of us retired, we are hoping to kickstart the cottage renovations we have been considering for several years now. Unfortunately, these [renovation plans always seem to find a way to get postponed](#), with one delay after another. The latest [delay was due to the recent storm](#) and the ensuing and extensive cleanup here in Ontario.

Travel, something many of us have missed over the past few years during the pandemic, is also in our retirement plans. We may need more months and years to fit all the plans in.

Enjoying the Fruits of our Labour

Thinking about expiry dates only increases the urgency to accomplish items on our to-do list, including renovations. After all, it is important to enjoy the fruits of our labour!

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