

A Wrinkle in Time

Emily Lap Sum Musing

They say that there are three signs of old age. The first is your loss of memory; the other two I forget. It's funny how, even with the evident passing of time, most people think of themselves as ageless. For example, several years ago, I noted with interest that the hospital's summer pharmacy students appeared to be getting younger each year. Was there a fountain of youth hidden within the curriculum? Imagine my shock when I realized that they were not getting any younger — I was just getting older! I guess this typified Oliver Wendell Holmes' assertion that "old age is fifteen years older than I am."

Well, it's been some time since the day I gained that startling insight, and with age comes wisdom. I now subscribe more to Mark Twain's philosophy when he said, "Age is an issue of mind over matter; if you don't mind, it doesn't matter." In fact, I have found that there are many advantages to aging gracefully, not the least of which is the wealth of experiences and memories that you collect along the way. The August Annual General Meeting (AGM) of CSHP in Montreal marked another major milestone in my life as I joined the esteemed ranks of Past Presidents of this great society. Our orientation of new Council members was a timely reminder of the rich history of CSHP, starting in 1939 with the establishment of the Northern Alberta Hospital Pharmacists Association and followed the next year by the creation of the Nova Scotia Unit of Hospital Pharmacists. In 1947 a first meeting of the nucleus of CSHP was held in Toronto, with 17 in attendance (quite a contrast from the

hundreds that we now see at our annual AGMs and Professional Practice Conferences). This was soon followed by incorporation of CSHP and the establishment of Branches across the country. The rest, as they say, is history!

Through the years, CSHP certainly has had a lot to celebrate. In fact, by the time this article is published, I will have returned from St John's where the Newfoundland and Labrador Branch celebrated its 10-year anniversary. Time and again, I am reminded of how great it is to be part of a society that is both ageless and young at heart!

Abraham Lincoln once pointed out, "In the end, it's not the years in your life that count. It's the life in your years." With the passing of time, I have come to truly appreciate these sentiments. Nowadays when I look in the mirror, I really don't worry about the appearance of a few more wrinkles or another grey hair. After all, I'm old enough to know better!



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