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Signature Wellness
DR. ARNOLD'S OFFICE

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SIGNATURE WELLNESS WEEKLY NEWSLETTER

The Privilege of Growing Older

A Remembrance Day Reflection, November 11, 2026

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Today, November 11, Canadians pause to remember the men and women who served our country, those who sacrificed their lives, and those who returned home forever changed by their experiences.

Every year, Remembrance Day gives us an opportunity to reflect on something that can be easy to take for granted: the lives we have been given and the freedoms we enjoy.

But this year, I find myself thinking about something else.

The privilege of growing older.

We live in a society that often treats aging as something to resist. We worry about the wrinkles, the grey hair, the changes in our bodies, and the passing years. Birthdays sometimes become reminders of how old we are rather than celebrations of another year of life.

Yet when we look at the faces of the young men and women who went off to war, many of whom never returned, we are reminded of something important.

> ***They never had the opportunity to grow old.***

Some never had the chance to marry the person they loved. Others never saw their children grow up. Some never met their grandchildren, enjoyed retirement, or experienced the countless ordinary moments that make up a lifetime.

For many, their hopes and dreams ended before their lives had really begun.

And for those who returned, life was not always easy. Many carried physical injuries, emotional scars, and memories that would remain with them for the rest of their lives. Their families carried those burdens alongside them.

We owe them a debt of gratitude that can never truly be repaid.

THE GIFT OF ANOTHER DAY

As I have grown older, I have come to appreciate that another birthday is not something to dread. It is something to be thankful for.

Growing older means we have been given something that was denied to so many others: more time.

More time with the people we love. More opportunities to make a difference. More chances to experience the joys, challenges, and ordinary moments of life.

Of course, growing older brings challenges. Our health changes, our abilities sometimes change, and we inevitably experience the loss of people who have been important to us.

But even with those challenges, there is something extraordinary about having the opportunity to continue life's journey.

LIVING WELL IS A PRIVILEGE, TOO

At Signature Wellness, much of what we do is focused on helping people feel better as they move through different stages of life.

But wellness is about much more than hormones, weight, or the numbers on a laboratory report.

> ***It is about being able to participate in life.***

To enjoy time with family. To remain active and independent. To pursue the things that bring us meaning and joy. To be present for the people who matter to us.

Perhaps one way we can honour those who never had the opportunity to experience a full lifetime is to appreciate the life we have been given and not take it for granted.

Not every day will be easy. Not every year will be our best. But every day is an opportunity that someone else never received.

A MOMENT TO REMEMBER

This Remembrance Day, I encourage you to take a few moments to remember those who served, those who sacrificed, and the families whose lives were forever changed.

If you have someone in your family who served, perhaps take the opportunity to share their story with a younger generation.

> And at 11 a.m. today, as we observe two minutes of silence, let us remember not only those who gave their lives, but also the lives they might have lived, the families they left behind, and the future they helped make possible for the rest of us.

As we remember those whose lives were cut short, perhaps we can also find a renewed appreciation for the years we have been fortunate enough to experience.

Growing older is not something everyone gets to do.

It is a privilege.

And one worth appreciating.

Lest we forget.

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