

Dorothy Socie Enjoys Total Health



Dorothy Socie, of Niagara Falls, widow of UCC retiree George Socie, attributes some of her good health to good genes. Her father, she says, lived to be 96 years old, had "just a few medical problems in later years" and "was just as sharp as ever up to his death."

She also attributes her healthy diet to good fortune. She writes, "I have been very fortunate to have never developed a taste for many 'junk-type' foods, and have never been able to eat fried or very rich foods so it is easy for me to pass them up."

But most of all, Dorothy stays healthy by doing what she enjoys. She attends a 'Fit After 50' class at the local YMCA three days a week. She also enjoys the outdoors and walks as frequently as possible. "To make it more enjoyable," she says, "I belong to a local chapter of an International Walking Club 'Volkssport' and have completed over 250 sanctioned events (walks), accumulating over 3000 kilometers – our walks are usually set up for 10 kilometers each." In the winter Dorothy enjoys cross country skiing as well as walking. "And," she says, "I really enjoy most fruits and vegetables, so I don't have a problem with my weight. There are plenty of 'good for you' foods so that I can eat a well balanced diet. I do enjoy dark chocolate but in small doses. And yes, I enjoy desserts, but in small quantities."

Dorothy volunteers at Hospice weekly, and at the Cancer Wellness Center monthly. She also volunteers at her church and at a local Historical Society. At 85 years of age, Dorothy Socie shows no signs of slowing down!