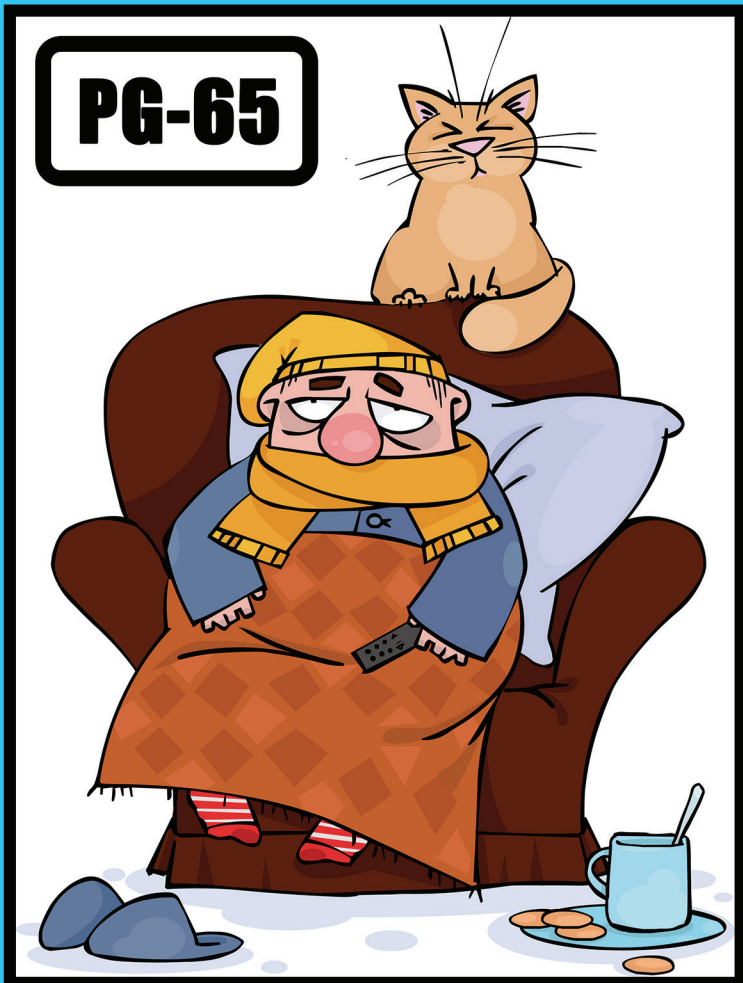


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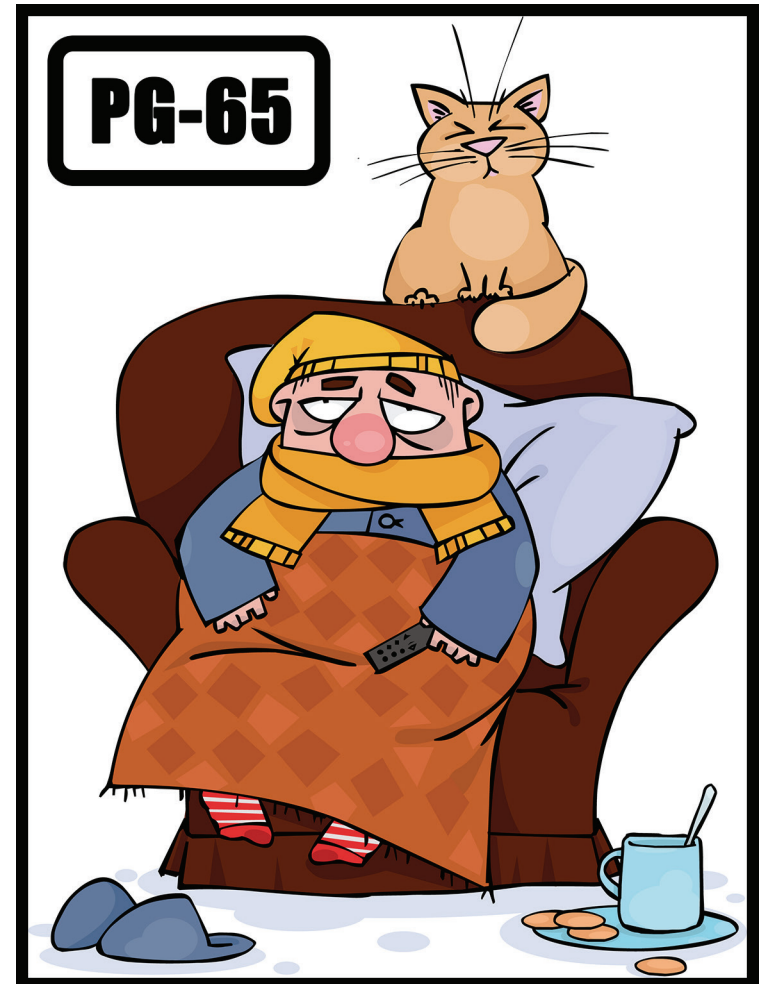
# **Dead Is the New Sick**

**An Insider's Guide to Senility,  
Paranoia & Curmudgery**

**Jimmy Huston**

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# **Dead Is the New Sick**

**An Insider's Guide to Senility,  
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**Jimmy Huston**

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**Dedicated to ol' what's-her-name...**

## Introduction

Welcome. So you're getting older – and it wasn't supposed to happen to you. This book is for you (or whoever you used to be).

There is a modicum of good news attached to the unavoidable – after all, you're not dead yet. A sage once said something along the lines of, "Nothing sneaks up on a person like old age." I forget who said it and what they meant, but you get the idea...

Okay, now that we're deeper into the Introduction, which no one else will ever read, there's some stuff that you should be aware of. We both know that you didn't buy this damn book. Somebody gave it to you, allegedly as a gag. You should be careful of that person. The truth is, they've got their eye on you. They're watching for that next little slip of memory or just one more, "What did you say?" – or that inadvertent little stumble, or maybe one more dent in the car. You get the idea.

If you're not careful, you're going to find yourself floating out to sea on some ice floe, with them waving fondly as you disappear shivering into the cold, white fog. This book is your best hope. Read it. Hide it. Buy a backup copy. Read it. Hide it. You get the idea.

## The 10 Best Things About Getting Old

1. You're not dead.
2. Discounted movie tickets.
3. Social Security.
4. Medicare.
5. You're still not dead.
6. Motorized wheelchairs.
7. Not dead yet!
8. Okay, so there aren't 10 things.
- 9.
- 10.

## Table of Contents

The End	1
The Good Old Days	3
Your Damn Kids	7
Retirement	9
Assisted Living	11
Social Security and Medicare	13
Religion	15
Finances	17
Z-Z-Z-Z-Z-Z-Z-Z	19
Driving	21
Diet & Nutrition	23
Exercise	29
Your Health	35
Doctors	41
The Emergency Room	44
Senility/Dementia	45
Depression	49
Politics	51
Diapers, Dentures, & Deafness, etc.	53
Protection	57
Sexation	59
Scams	61
Burial, Cremation, Cryogenics & Mummification	63
The Geriatric Space-Time Continuum	65
Your Bucket List	67
Last Words	69
A Personal Message to the Bereaved	79

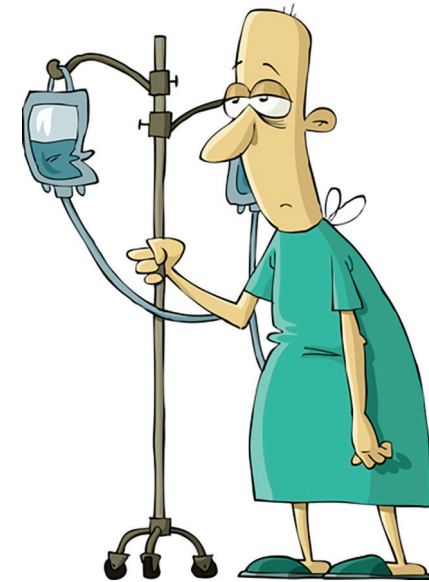


**The End**

You think you're gonna be fine, right? Oh, sure, your friends are getting older, and a few of them are gone, but you're gonna be fine. Nothing's gonna happen to you. This is your show.

You've gone to way too much trouble to get this far and it can't all be for nothing. You've spent your whole life accomplishing things and accumulating stuff. The whole garage is full of perfectly good stuff.

This is your wake-up call. If you're reading this, you're going to die. That's why we begin at the ending. Get over it. You've still got some time. Use it. Stop planning for the future. Your future is here. Enjoy it while you can. Eat a pie.



**The End**

You think you're gonna be fine, right? Oh, sure, your friends are getting older, and a few of them are gone, but you're gonna be fine. Nothing's gonna happen to you. This is your show.

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If this page is starting to look familiar, don't worry. We just have to figure out if it's you forgetting things or me. So, we begin at the ending.

First, the ugly stuff. If you're reading this, you're going to die. Get over it.



## The End

Yes, you're going to die, but you've still got some time. Use it. Do some of the things you never would have gotten around to if you were going to live forever.

Stop planning for the future. Your future is here. Enjoy it while you can. Eat a pie.

Send a note to your ex. You'll know what to say. You'll know exactly what to say. You've been plotting it for years.

Put your affairs in order. If you didn't have affairs, start now, or at least start pretending that you



did. Make it racy.

Say all those things that your kids hate that you always say.

Get off Facebook. It's dumb.

Piss someone off who can never get back at you.

Call someone you haven't talked to in years.

When they answer, act like you don't remember them.

If you have children, send them an invoice.

If they went to private school, double it.

If they went to a private college, triple it.

And remember – if you're gonna die, eat a pie!



## The Good Old Days

You're so old that you can remember when you looked forward to an impossible future in which people would someday walk on the moon, *and* you can also look back nostalgically to a time when people once walked on the moon. You're *that* old.

In a day where people are lamenting the loss of David Letterman in Late Night television, you've probably learned not to even mention Johnny Carson, or worse yet, Jack Paar and Steve Allen. Maybe you even remember Arthur Godfrey.

Back then nostalgia hadn't even been invented. There was no CNN, so wars weren't very popular. Things that today are aged, like whiskey and cheese, hadn't even been started. Cigarettes were

still good for you. Juke boxes and pinball machines were still evil. People took photos with cameras, not phones. And they used phones to speak with people, not to write cryptic notes. Pixels were still analog. Remember typewriters? Whiteout? Blackboards? Or melodies?

It's completely arguable whether the Old Days were Good or not, but one thing is certain. The Good Old Days are over.

You remember black and white televisions — big, heavy square wooden boxes with tiny roundish screens. Even when the TVs got bigger, with flat screens, and movie-like image areas, they were unreasonably expensive, and for most people, unaffordable.

So now things have changed. You're living in what would've been a science fiction movie just a few years ago. You've finally got that big screen TV in the bedroom so you can relax and put yourself into dreamland in style, watching widescreen high-definition 4K movies with surround sound and rumbling bass.

Except that now you have to wear glasses or you're blinking at zillions of blurry little pixels. Maybe you need your hearing aids, too. And perhaps you sleep with a C-pap mask or an oxygen nose piece. Then there's your mouth guard, if you're lucky, or for the rest of you, dentures. So go ahead and enjoy the blurry haze of the en-

tertainment center in your bedroom while you're gumming your tasteless salt-free unbuttered microwave popcorn and gasping for air.

The good news is that school is out forever. You don't have to study anymore. No more tests. No math problems. And no cheerleaders.

You've outlived multiple generations of cicadas and they only surface every seventeen years. Well, the day is coming when people will be remembering *you*. Leave them something to talk about!

It doesn't have to be "good."



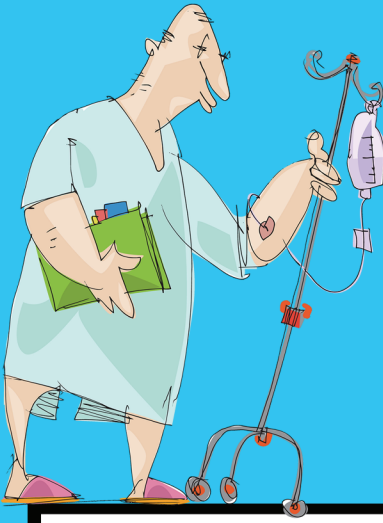
## Your Damn Kids

If you don't have children, it doesn't mean that you get to skip this chapter. This is your chance to read what the "parents" are going through and celebrate having made the right choice.

If you do have children, get ready for trouble.

Remember when those darling kids looked up to you? You could tell them what to do and they had to do it? You already know those days are over, but watch out – it gets worse.

They won't admit it, but they're waiting. They can smell that you're slowly getting weaker. They know that eventually the orthopedic shoe will be on the other foot and they will get to tell *you* what to do. They are going to relish every minute of their revenge.



*"Warmly affectionate elder abuse."* — Methuselah

*"Sadly funny..."* — Sophocles

*"The Pet Rock of western literature."* — Anon.

*"I don't feel so good."* — John Doe

## Top 10 Warnings

1. Hospice is a crock. Keep a jug of water under the bed.
2. Write a will.
3. Hide it.
4. Hide it.
5. Don't walk toward the light.
6. Did you take your meds today?
7. Are you sure?
8. What happened to Number 3?
9. Eat a pie.
10. If there has ever been something you wanted to do, but didn't for whatever reason, now is the time to do it! Start with this book!

**If you're gonna die,  
eat a pie.**

[www.deadsick.com](http://www.deadsick.com)