

"She's in pretty solid shape, I mean truly she's really thin and always looks like a million bucks," Clayton said. "But she's cognizant of the fact that you've got to work out."

Another friend who's 70 just decided to learn to play tennis because of the benefits for seniors.

"Because he read, and this is true, that the patterns of play keep the brain active," she said.

Tennis can help stave off dementia by strengthening the body but also the mind, planning ahead for shots and trying to read what the other player is doing.

It's also good for mental health because it offers a break from daily life, or in Clayton's world, a break from the stress of tax season.

"The thing that I like about tennis is that I zone out from all of this and I'm totally focused," she said. "You can't always do that but if you're playing and you're playing competitively yes, it zones everything out so it helps clear your mind so then when you come back you've got a fresher perspective on it."

Clayton has plenty on her mind with things like tax season, but also with the various boards she's

on in the community. She's on the airport board, the Wendell Foster Center board, and the USTA Kentucky board on the executive committee. She's been chair of all of them except the USTA.

"Everything that I've served on have been organizations that are important for our community and hopefully we've furthered their purpose and their contribution along the way," she said. "And I've met great people and have lots of great friends as a result."

Anyone, regardless of age or ability, can play tennis, she said, but whether it's tennis or walking or golfing or softball, getting up and moving is vital to keeping healthy throughout life and especially as people grow older.

"As we age, you're not as fast, but if you keep trying to improve then you kind of weather the effects of getting older," she said. "It's my



mission to try to stay as active as I can as time permits... It keeps your mind going, it keeps your body going."

"When I turned 50 I kind of decided nobody really cares about your health but you," she said. "So that's when it was kind of like, I'm going to play and I'm just going to schedule it and if somebody says can you meet, it's no, I've got another meeting (on the tennis court)."

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