International Day Of Older Persons
October 1

...make a difference...

Do One Thing for a Better World.
Together We Make a World of Difference!

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"Our society must make it right and possible for old people not to fear the young or be deserted by them, for the test of a civilization is the way that it cares for its helpless members."

-- Pearl S. Buck

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"I am an old man, but in many senses a very young man. And this is what I want you to be, young, young all your life."

-- Pablo Casals
“Most people think that aging is irreversible and we know that there are mechanisms even in the human machinery that allow for the reversal of aging, through correction of diet, through anti-oxidants, through removal of toxins from the body, through exercise, through yoga and breathing techniques, and through meditation.”

-- Deepak Chopra

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"I live in that solitude which is painful in youth, but delicious in the years of maturity."

-- Albert Einstein
"I'm saving that rocker for the day when I feel as old as I really am."
-- Dwight D. Eisenhower
"As we grow old... the beauty steals inward."
~ Ralph Waldo Emerson
"Those who love deeply never grow old; they may die of old age, but they die young."

-- Benjamin Franklin
"Aging is not 'lost youth' but a new stage of opportunity and strength."
-- Betty Friedan
"I can think of no better way of redeeming this tragic world today than love and laughter. Too many of the young have forgotten how to laugh, and too many of the elders have forgotten how to love. Would not our lives be lightened if only we could all learn to laugh more easily at ourselves and to love one another."

-- Theodore Hesburgh

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"It was once said that the moral test of government is how that government treats those who are in the dawn of life, the children; those who are in the twilight of life, the elderly; and those who are in the shadows of life, the sick, the needy and the handicapped."

-- Hubert Humphrey

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"Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses."

-- Maggie Kuhn
"If you associate enough with older people who do enjoy their lives, who are not stored away in any golden ghettos, you will gain a sense of continuity and of the possibility for a full life."

-- Margaret Mead

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"To be happy in this world, especially when youth is past, it is necessary to feel oneself not merely an isolated individual whose day will soon be over, but part of the stream of life flowing on from the first germ to the remote and unknown future."

-- Bertrand Russell
"With age comes the inner, the higher life. Who would be forever young, to dwell always in externals?"
-- Elizabeth Cady Stanton
"None are so old as those who have outlived enthusiasm."
-- Henry David Thoreau
"The longer I live the more beautiful life becomes."

-- Frank Lloyd Wright