


BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

"Old activity must make a right and possible for old people not to feel the young or be deserted by them, for the test of civilization is the way that it cares for its helpless members."
— Pearl S. Buck

Do One Thing for a Better World

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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

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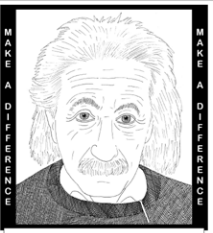


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"There is something about that aging, irascible old man that gives me a sense of awe in the human machinery that stands for the search of light, through connection of fact through observation, through removal of factors from the body, through exercise, through open air breathing techniques, and through meditation."
— Stephen Crane

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

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"I'm saving that rocker for the day when I feel as old as that old man."
— Dwight D. Eisenhower

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"As we grow old...the beauty steals inward."
— Ralph Waldo Emerson

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"Aging is not 'lost youth' but a new stage of opportunity and strength."
— Betty Friedan

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"It was once said that the most test of government is how that government treats those who are in the lowest of the lowly. Those who are in the lowest of the low, the elderly and those who are in the shadow of life, the sick, the needy and the handicapped."
— Robert Kennedy

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"You associate enough with older people who do enjoy their lives, who are not scared away in any golden ghetto, you will gain a sense of continuity and of the possibility of a full life."
— Margaret Mead

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"None are so old as those who have no real enthusiasms."
— Henry David Thoreau

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"The longer I live the more beautiful life becomes."
— Frank Lloyd Wright

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"Old age is not a disease. It is strength and sunshininess, triumph over all kinds of vicissitudes and disappointments, trials and illnesses."
— Maggie Kahn

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"Those who live deeply never grow old; they may die of old age, but they do not."
— Benjamin Franklin

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"I can think of no better way of redeeming the large world today than love and laughter. The more of the young have together, the more they will love and the more they will love together, the more they will love and the more they will love together. The more they will love together, the more they will love together."
— Thomas Hough

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"It is happy in this world especially when youth is gone. It is necessary to feel oneself not merely an isolated individual whose day will soon be over, but part of the stream of life, to have one's own life on from the first germ of life and to have others live."
— Margaret Mead

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International Day Of Older Persons

October 1

...make a difference...

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Together We Make a World of Difference!

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