

**BE A HERO FOR A BETTER WORLD**



**MAKE A DIFFERENCE**

"Old society must make a right and possible for old people not to fear the young or be scorned by them, for the test of a 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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**MAKE A DIFFERENCE**

"There is more than that aging is inevitable and we know that there are alternatives even in the human machinery that allow for the reversal of aging, through correction of diet through antioxidants, through removal of toxins from the body, through exercise, through yoga and breathing techniques, and through meditation."  
— Stephen Greig

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**MAKE A DIFFERENCE**

"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'll be as old as that young one."  
— Dwight D. Eisenhower

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

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# What's Your BetterWorld Issue:

## SENIOR CITIZENS

...make a difference...

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**Together We Make a World of Difference!**

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**MAKE A DIFFERENCE**

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

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**MAKE A DIFFERENCE**

"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 truest 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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**MAKE A DIFFERENCE**

"I can think of no better way of redeeming the huge world today than love and laughter. The more of us who have laughter, the more we can do. We can't help the blind have Braille books to be born, but we can help them be blindfolded if only we recall to have to keep their souls of courage and to live one another."  
— Maggie Kuhn

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"You associate enough with older people who do enjoy their lives, who are not scorned 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 kind enthusiasm."  
— Henry David Thoreau

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

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**-- Pearl S. Buck**

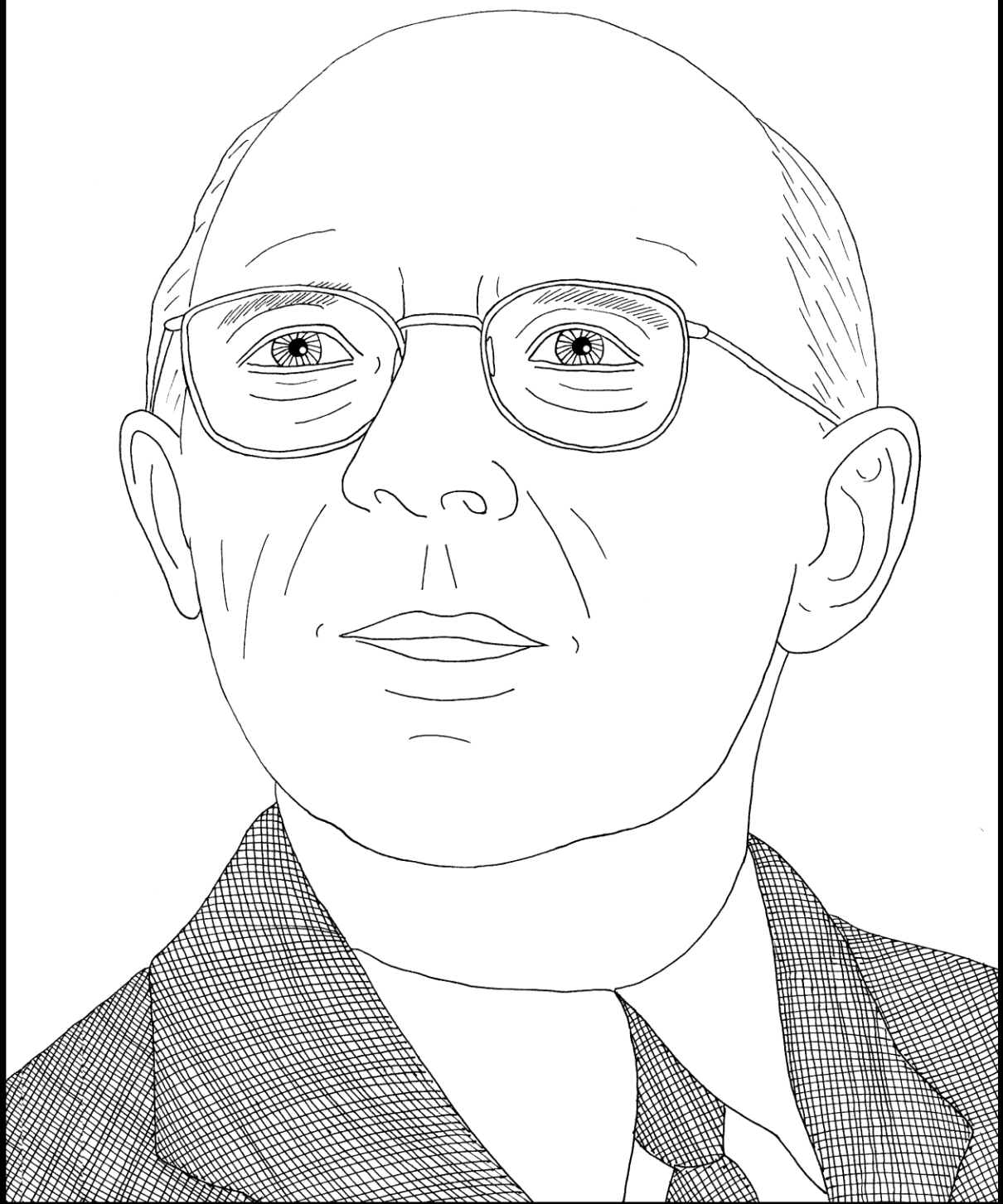
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"Most people think that aging is irreversible and we know that there are mechanisms even in the human machinery that allow for the reversal of aging, through correction of diet, through anti-oxidants, through removal of toxins from the body, through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

-- Deepak Chopra

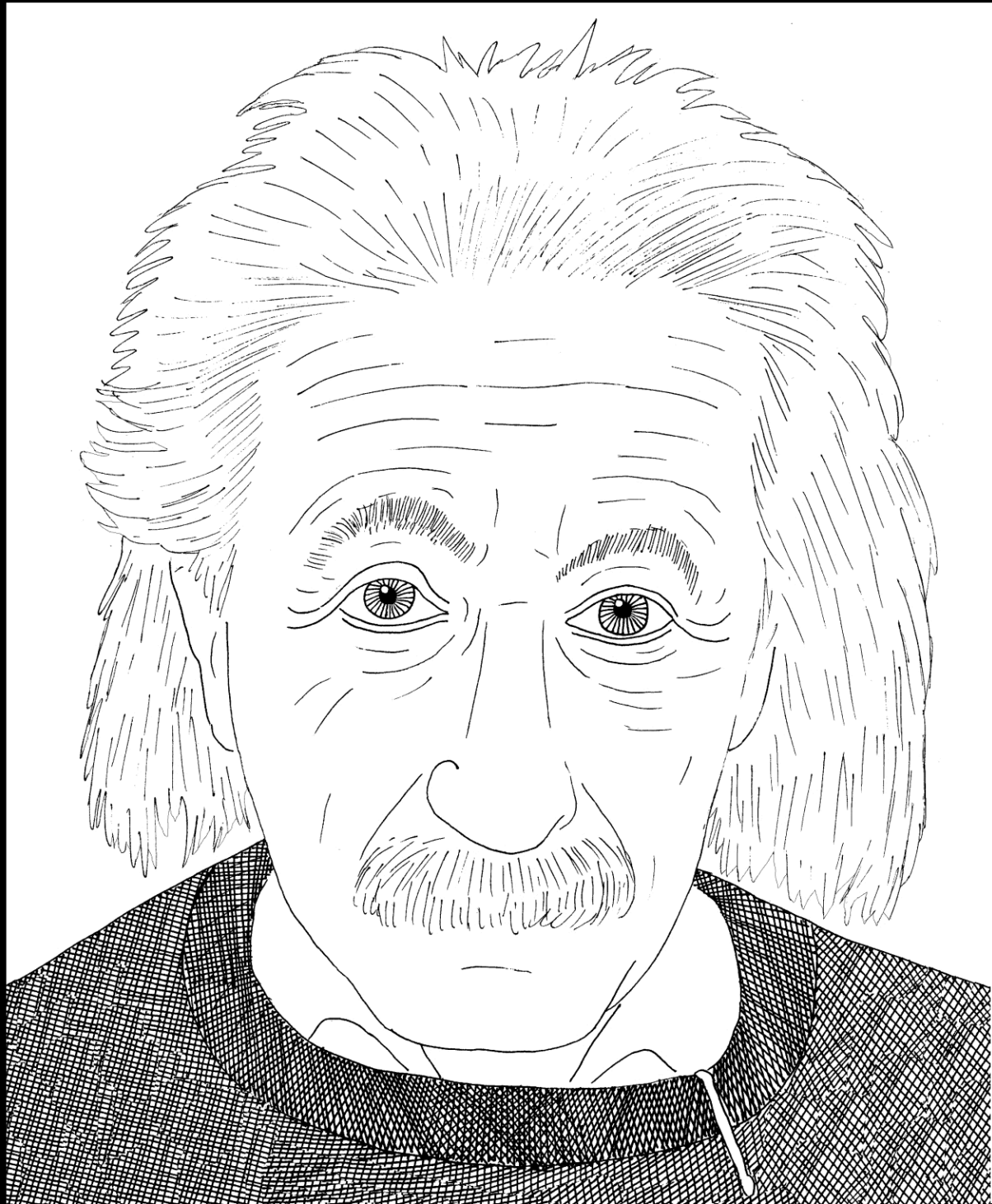
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**"I live in that solitude which is painful in youth,  
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**"I'm saving that rocker for the day  
when I feel as old as I really am."**

**-- Dwight D. Eisenhower**

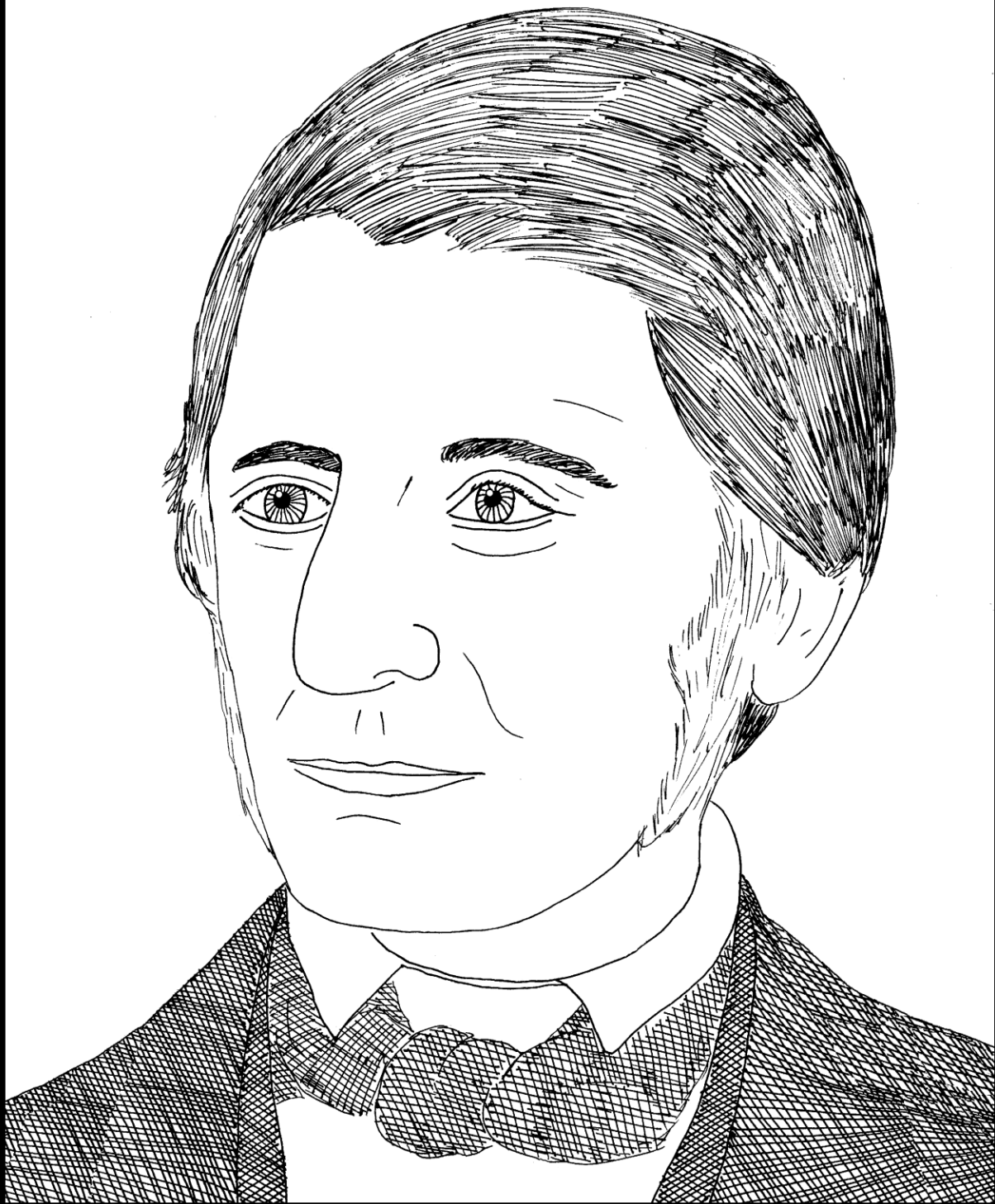
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**"As we grow old...the beauty steals inward."  
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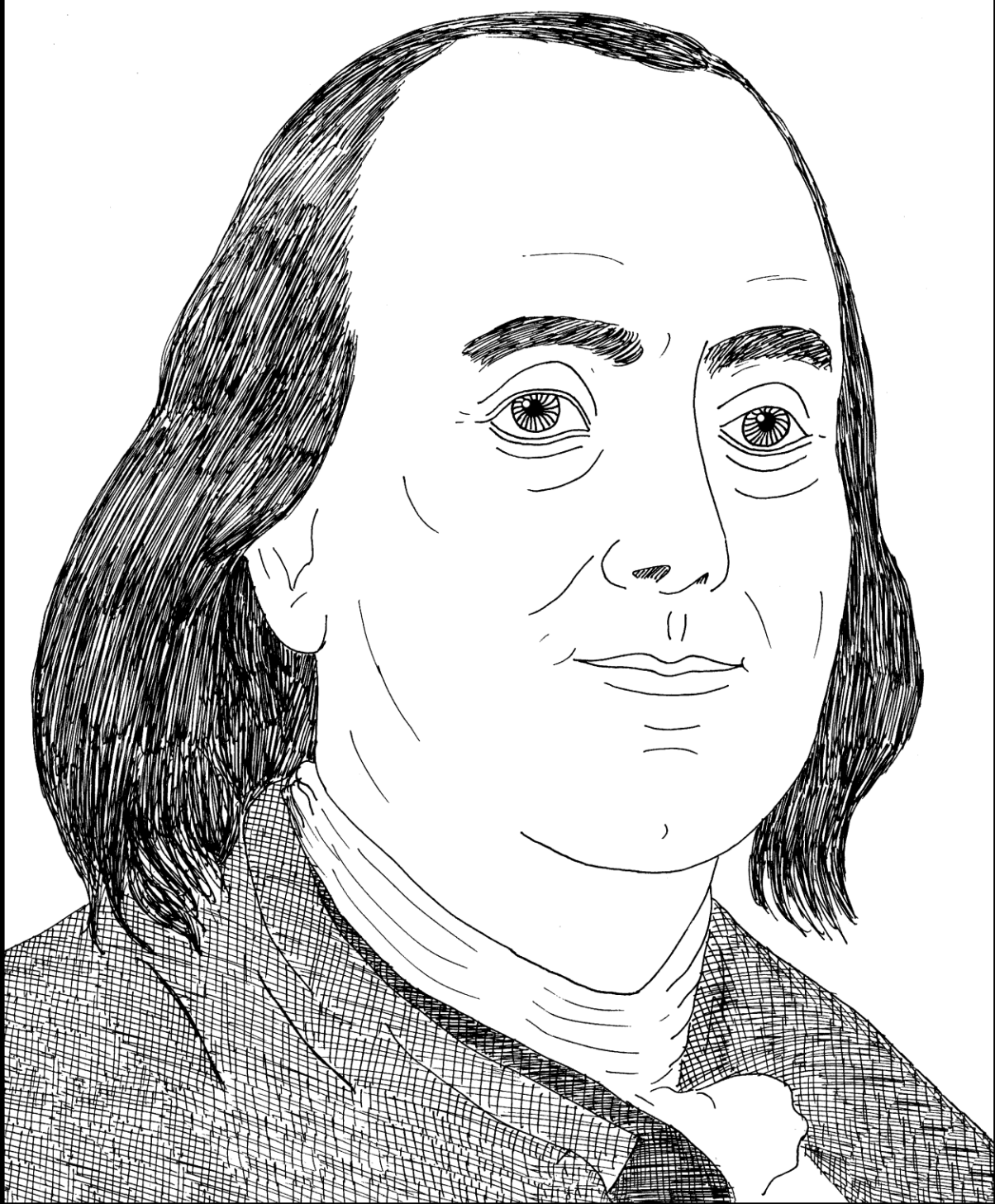
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they may die of old age, but they die young."  
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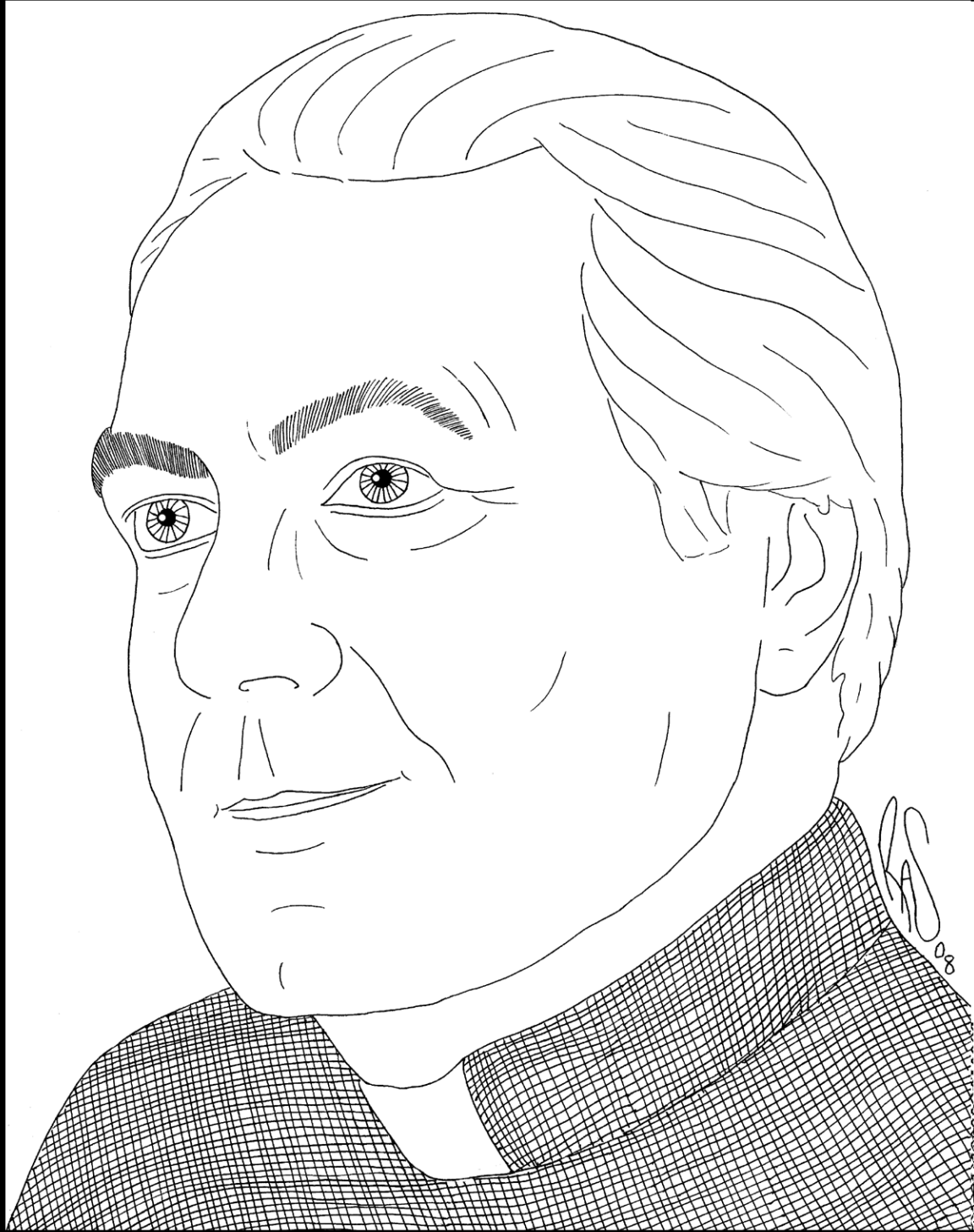
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"I can think of no better way of redeeming this tragic world today than love and laughter. Too many of the young have forgotten how to laugh, and too many of the elders have forgotten how to love. Would not our lives be lightened if only we could all 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**

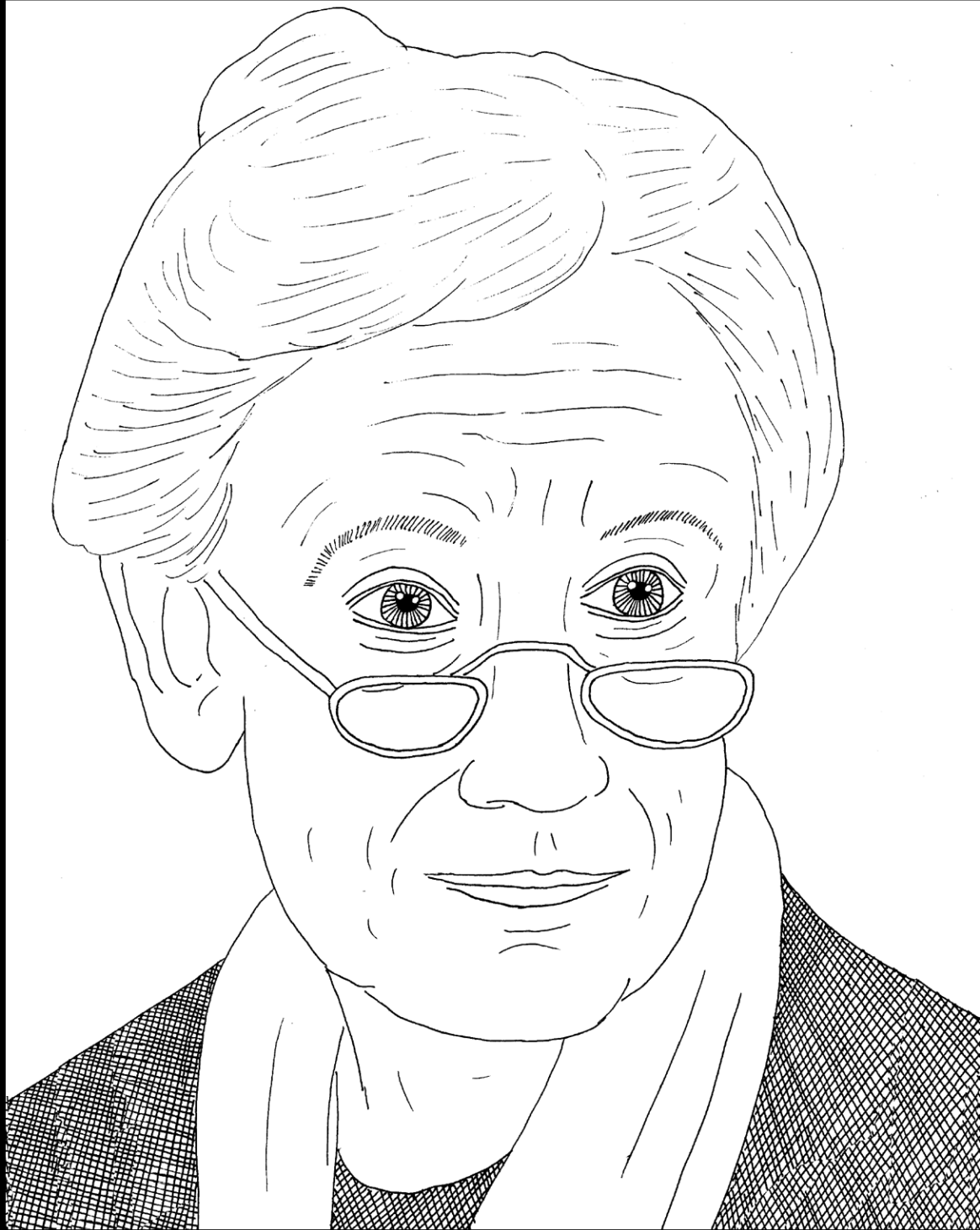
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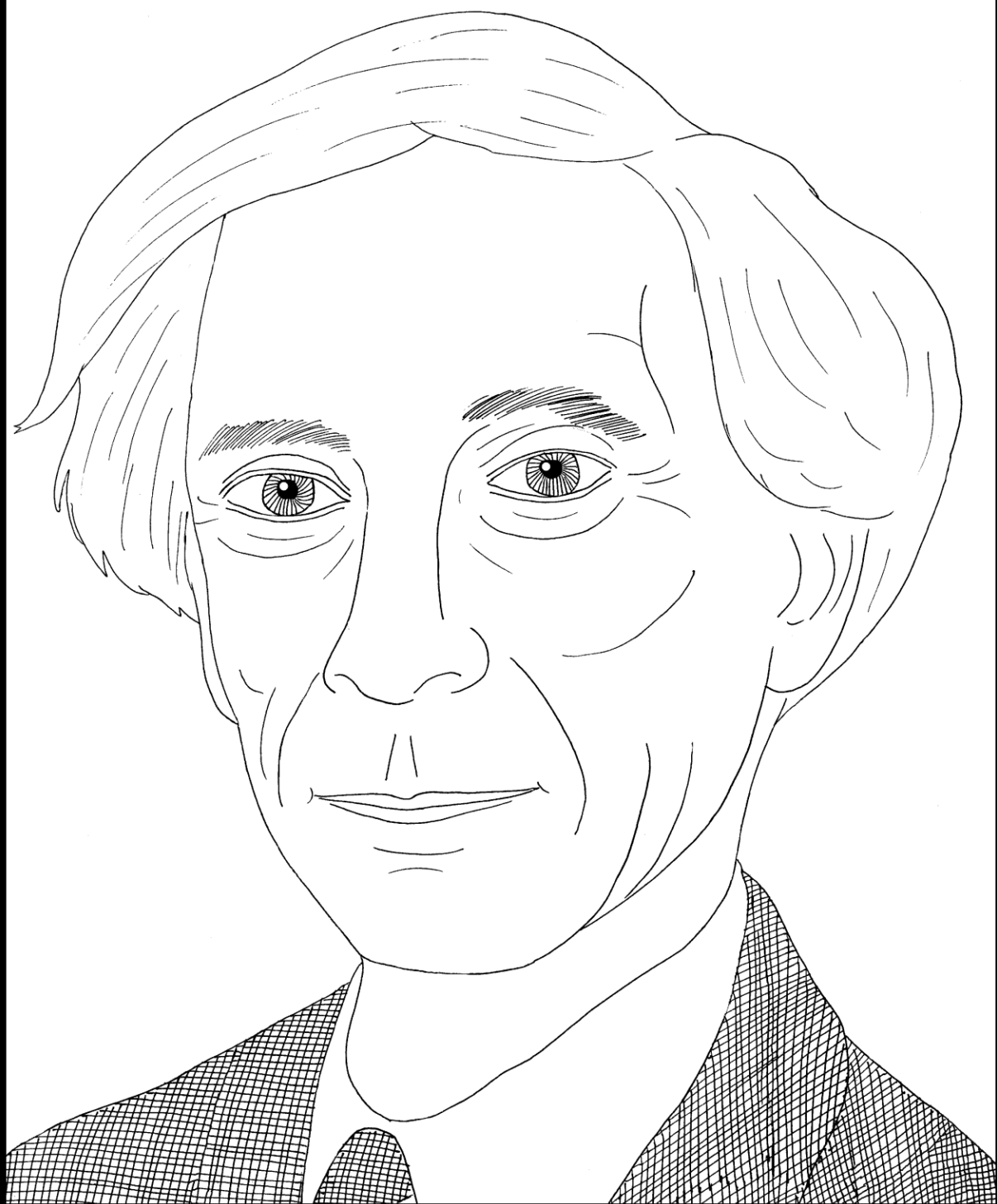
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**"To be happy in this world, especially when youth is past,  
it is necessary to feel oneself not merely an isolated individual  
whose day will soon be over, but part of the stream of life flowing  
on from the first germ to the remote and unknown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

**-- Bertrand Russell**

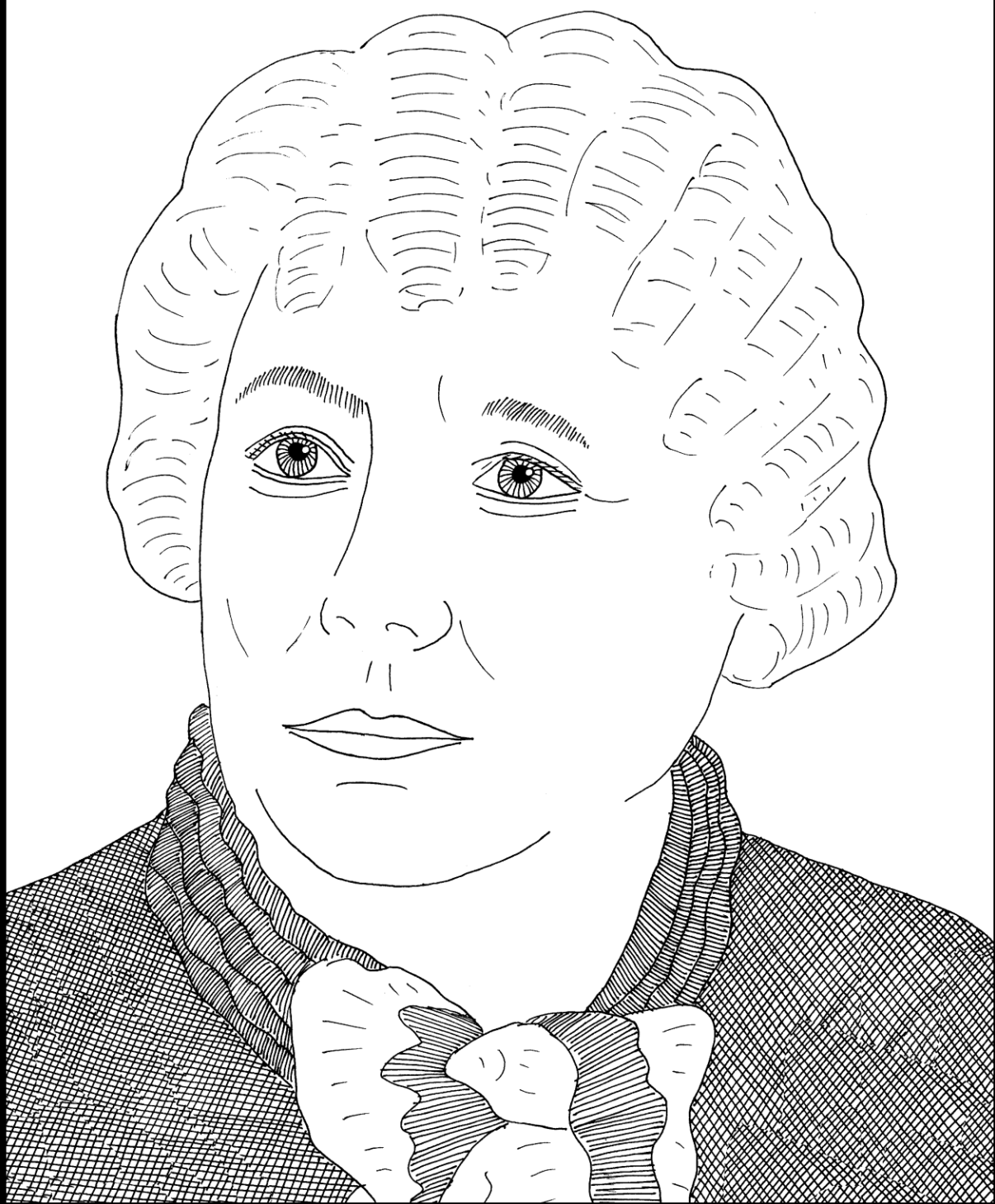
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**"With age comes the inner, the higher life.  
Who would be forever young, to dwell always in externals?"  
-- Elizabeth Cady Stanton**

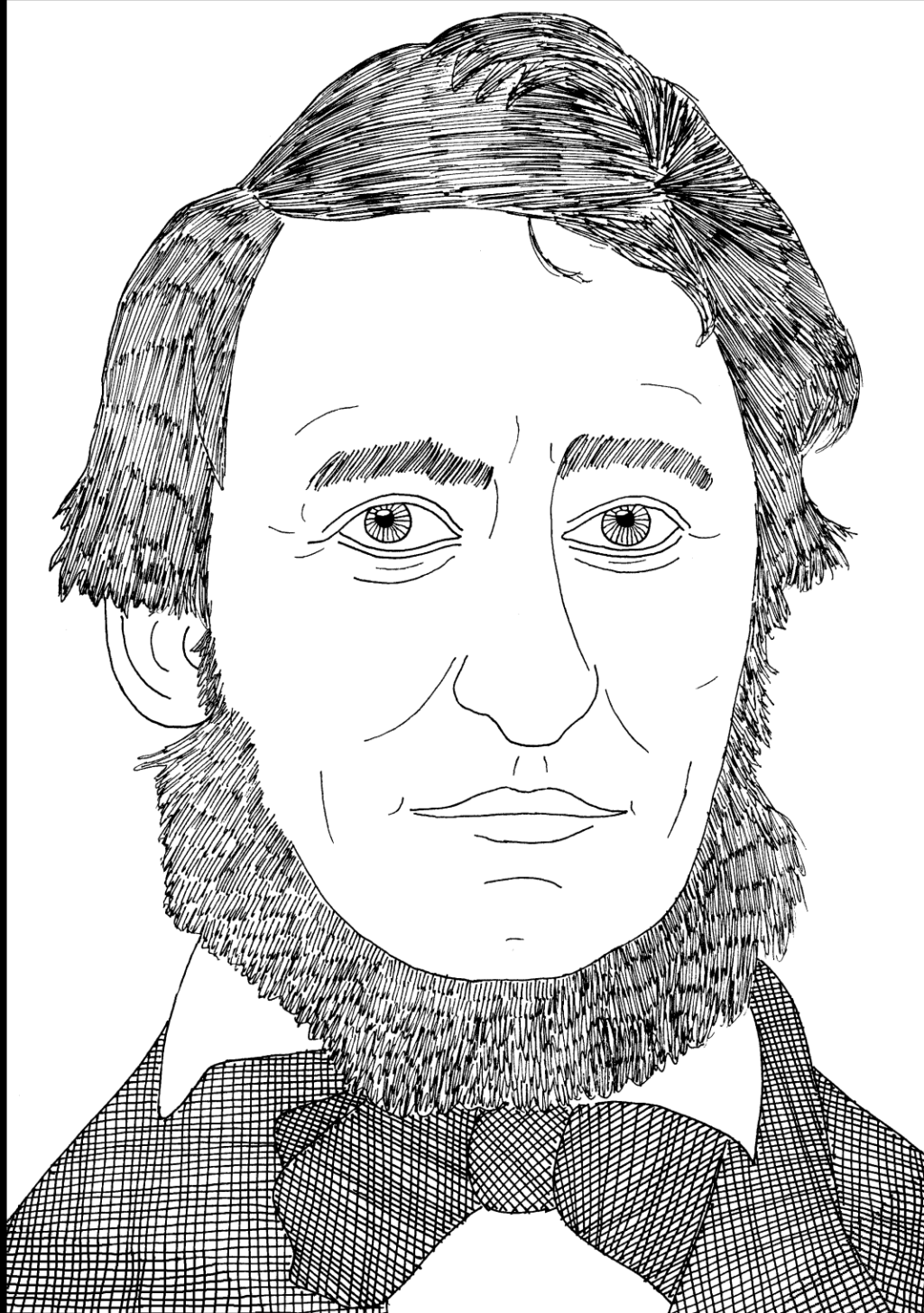
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-- Henry David Thoreau**

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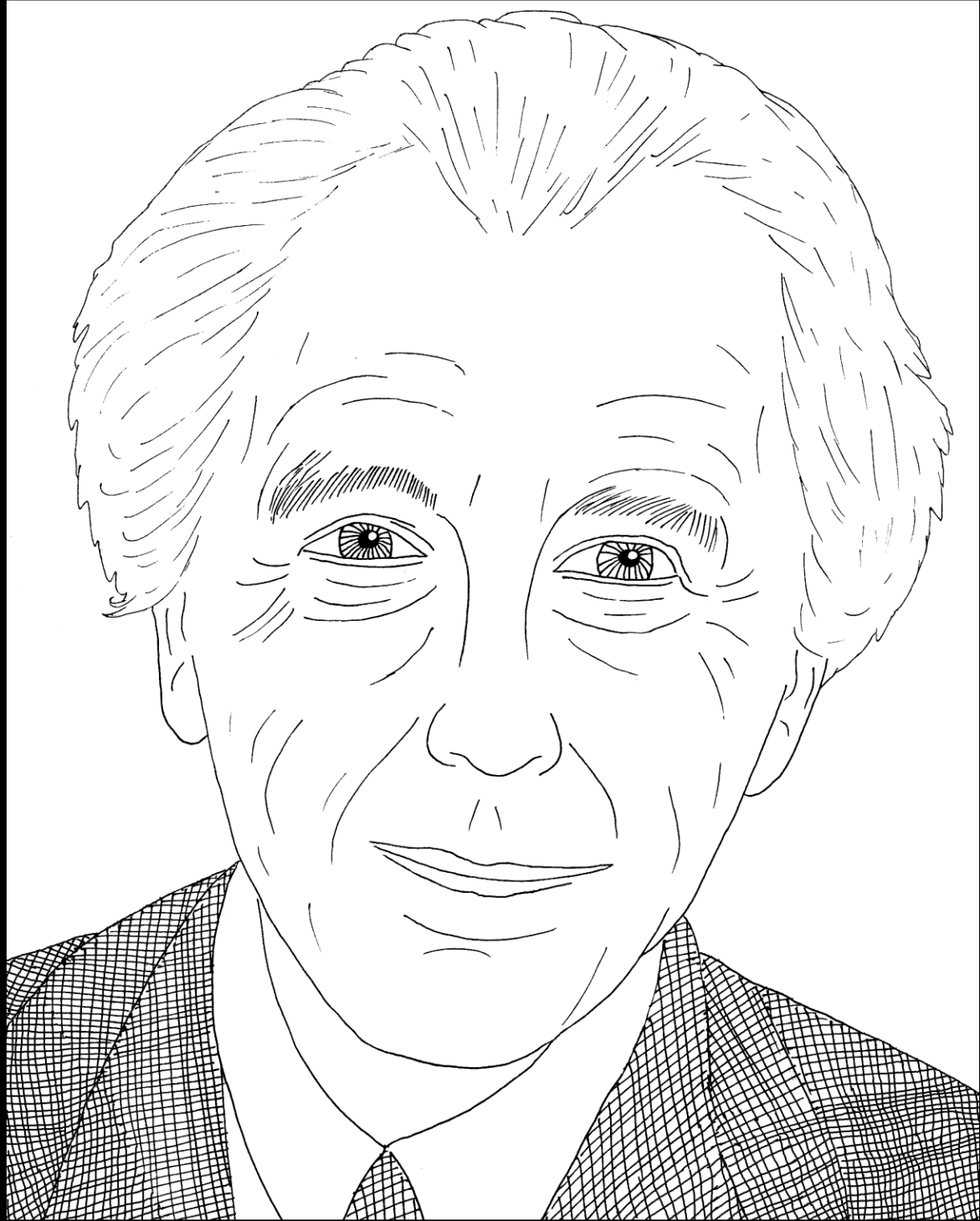
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