


BE A HERO FOR A BETTER WORLD




MAKE A DIFFERENCE

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

Do One Thing for a Better World

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MAKE A DIFFERENCE

"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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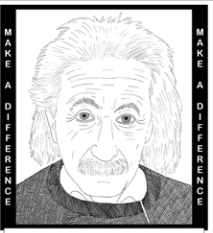


MAKE A DIFFERENCE

"There is something about aging, it is inevitable and we know that there are no alternatives about it. The human responsibility that arises for the sources of aging, through correction of diet, through education, through removal of toxins from the body, through exercise, through proper breathing techniques, and through meditation."
— Stephen Glass

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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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MAKE A DIFFERENCE

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

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MAKE A DIFFERENCE

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

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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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MAKE A DIFFERENCE

"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 weary and the handicapped."
— Robert Kennedy

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MAKE A DIFFERENCE

"You associate enough with older people who do enjoy their lives, who are not shamed 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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MAKE A DIFFERENCE

"None are so old as those who have no full enthusiasm."
— Henry David Thoreau

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

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MAKE A DIFFERENCE

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

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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

"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 and the longer of the old have together. Love to be, would not our lives be lightened if only we could all have in these long months of summer and the love and laughter."
— Thomas Hough

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MAKE A DIFFERENCE

"It is happy in this month 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 give one's own from the first germ of one's own and to receive others."
— Margaret Mead

Do One Thing for a Better World

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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OLDER PERSONS DAY - OCT 1

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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

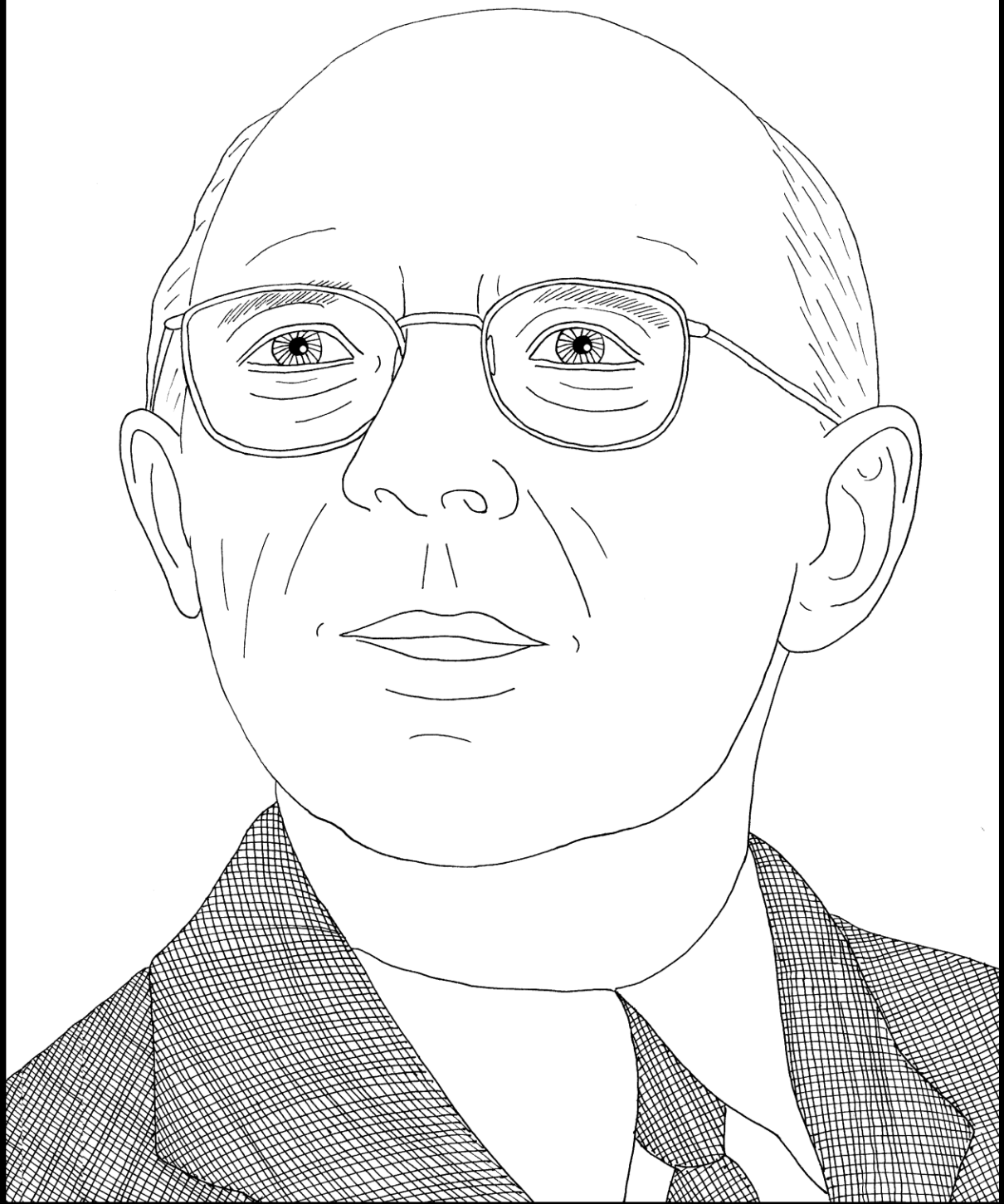
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**"I am an old man, but in many senses a very young man.
And this is what I want you to be, young, young all your life."
-- Pablo Casals**

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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

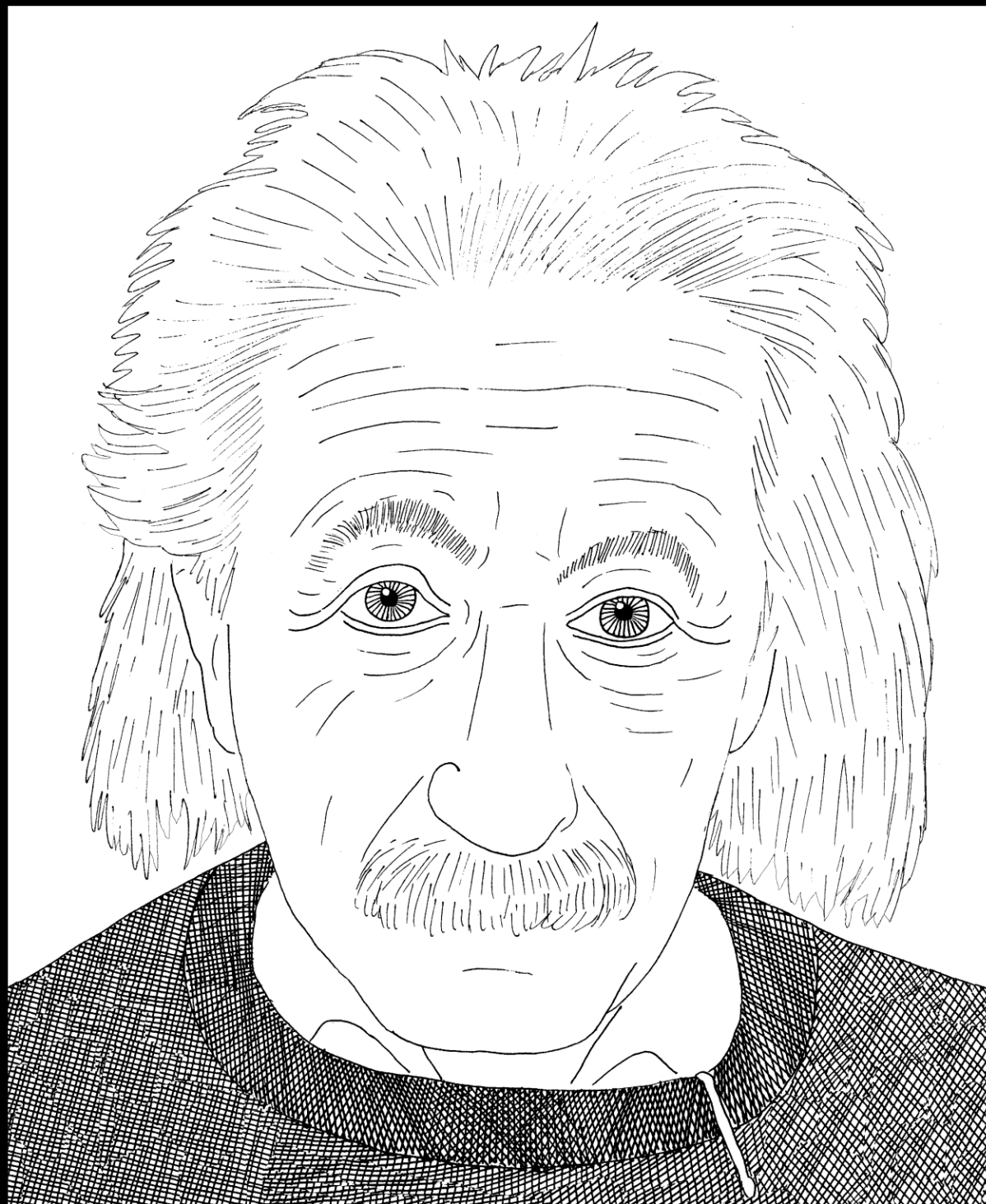
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-- Albert Einstein

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**"I'm saving that rocker for the day
when I feel as old as I really am."**

-- Dwight D. Eisenhower

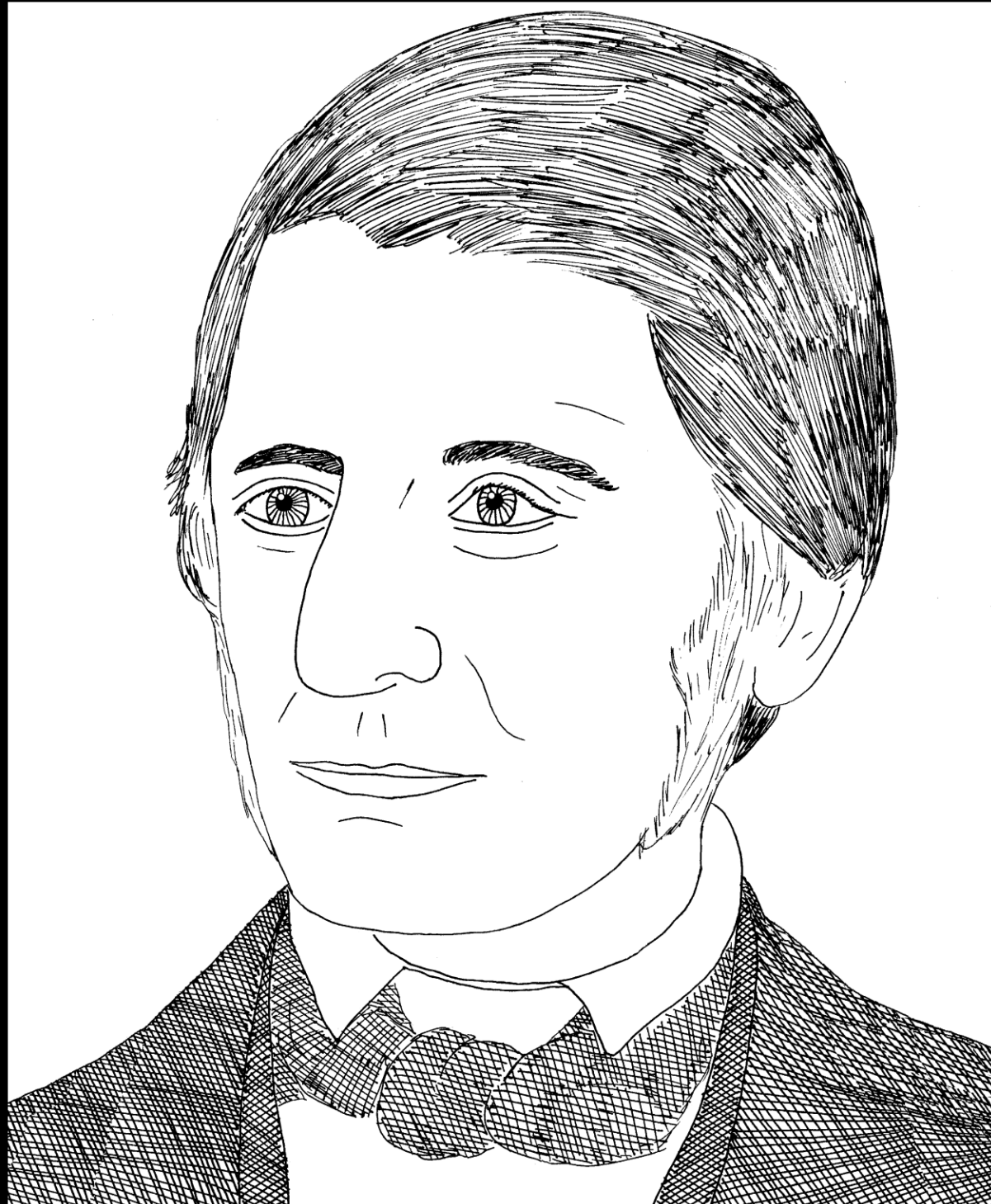
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**"As we grow old...the beauty steals inward."
~ Ralph Waldo Emerson**

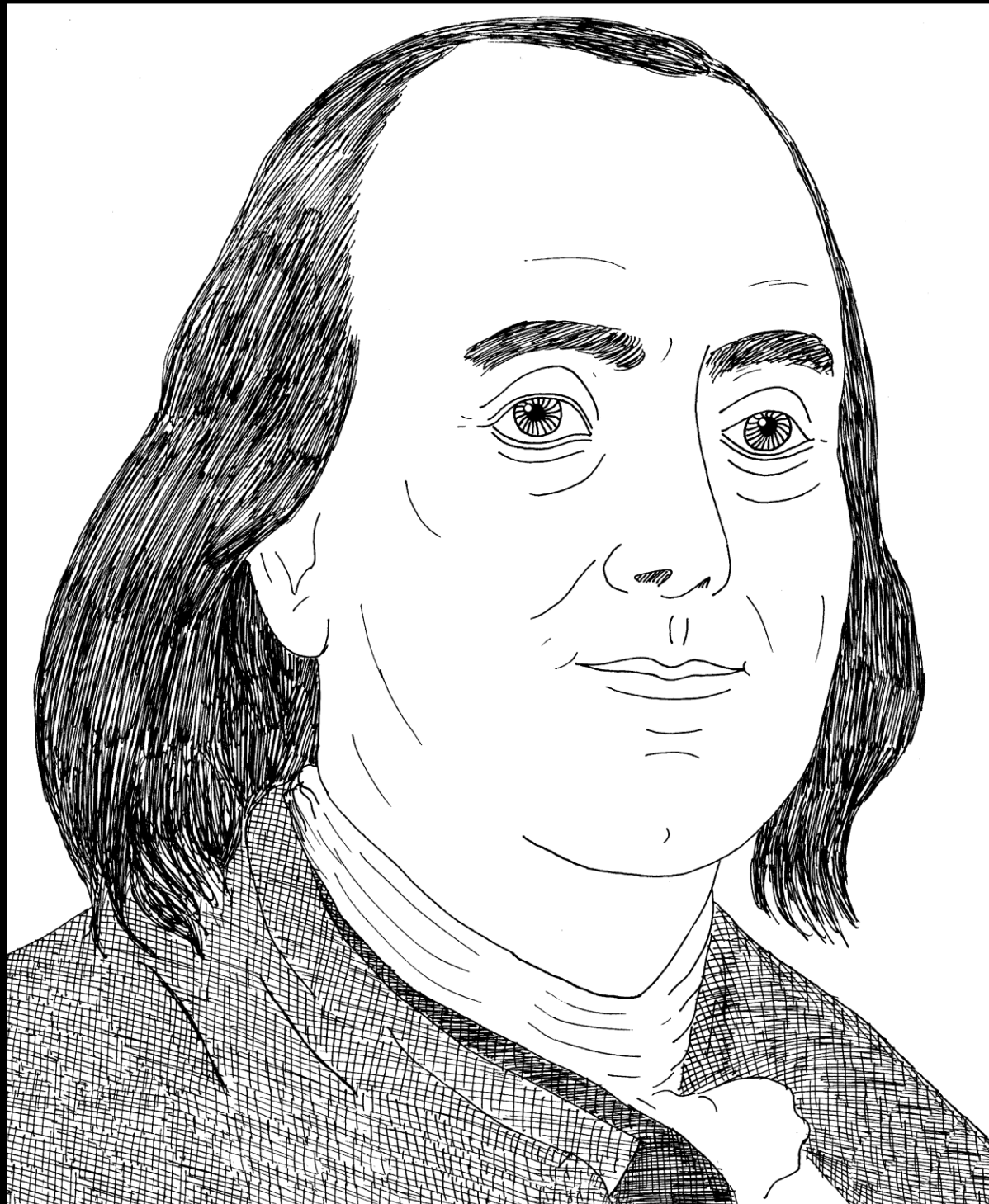
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**"Those who love deeply never grow old;
they may die of old age, but they die young."
-- Benjamin Franklin**

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**"Aging is not 'lost youth'
but a new stage of opportunity and strength."
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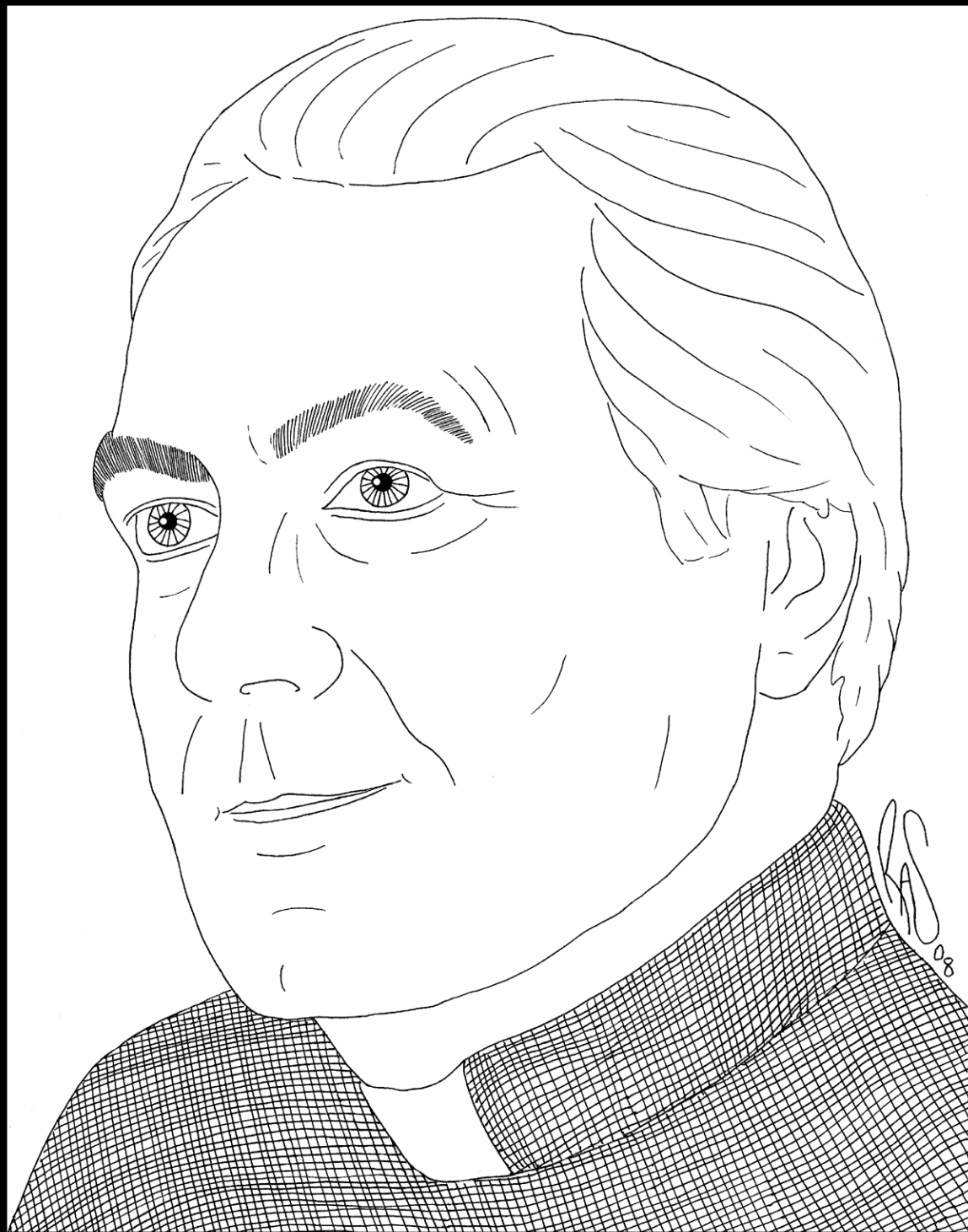
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"I can think of no better way of redeeming this tragic world today than love and laughter. Too many of the young have forgotten how to laugh, and too many of the elders have forgotten how to love. Would not our lives be lightened if only we could all 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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"Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses."

-- Maggie Kuhn

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-- Margaret Mead

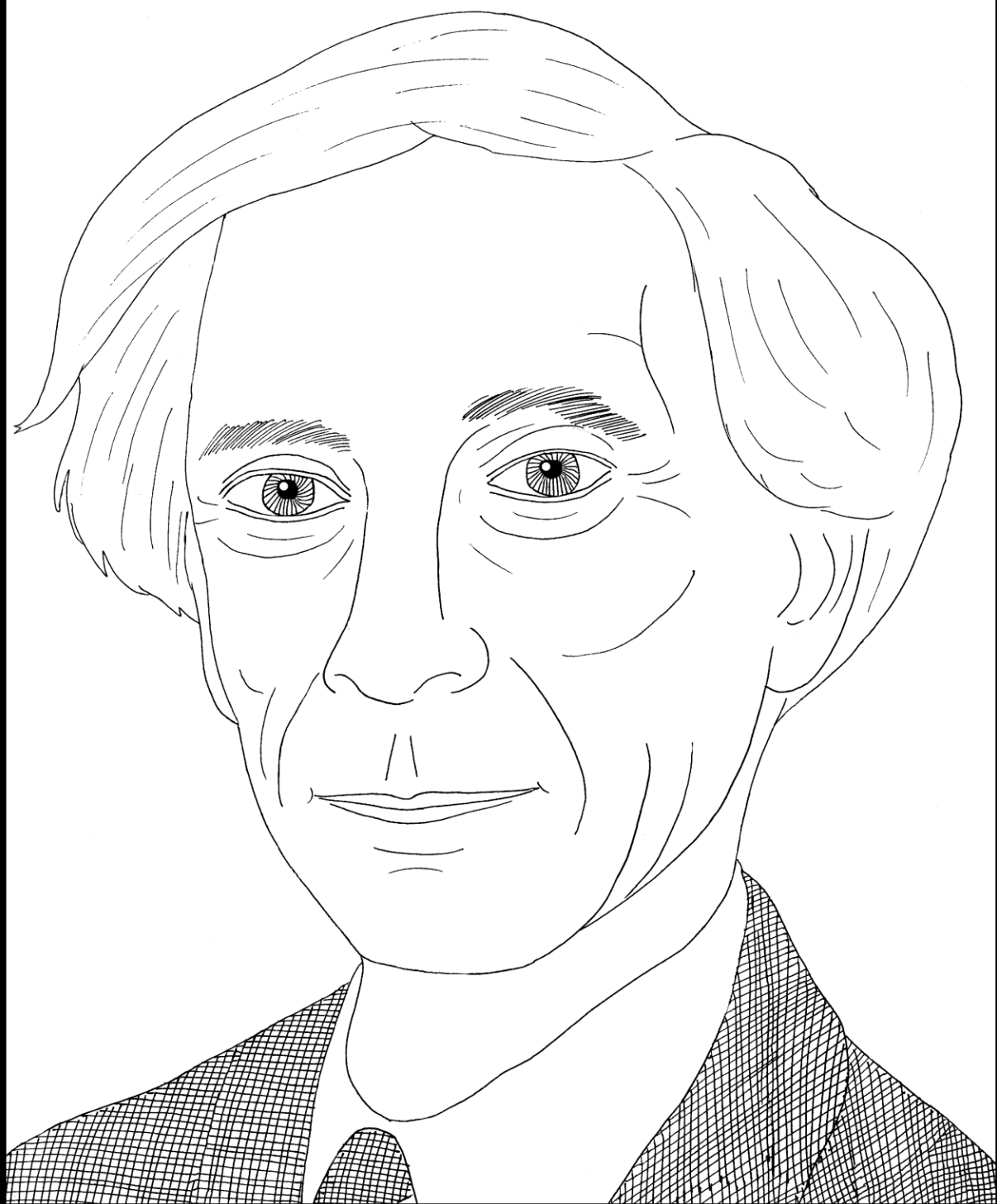
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"To be happy in this world, especially when youth is past, it is necessary to feel oneself not merely an isolated individual whose day will soon be over, but part of the stream of life flowing on from the first germ to the remote and unknown future."

-- Bertrand Russell

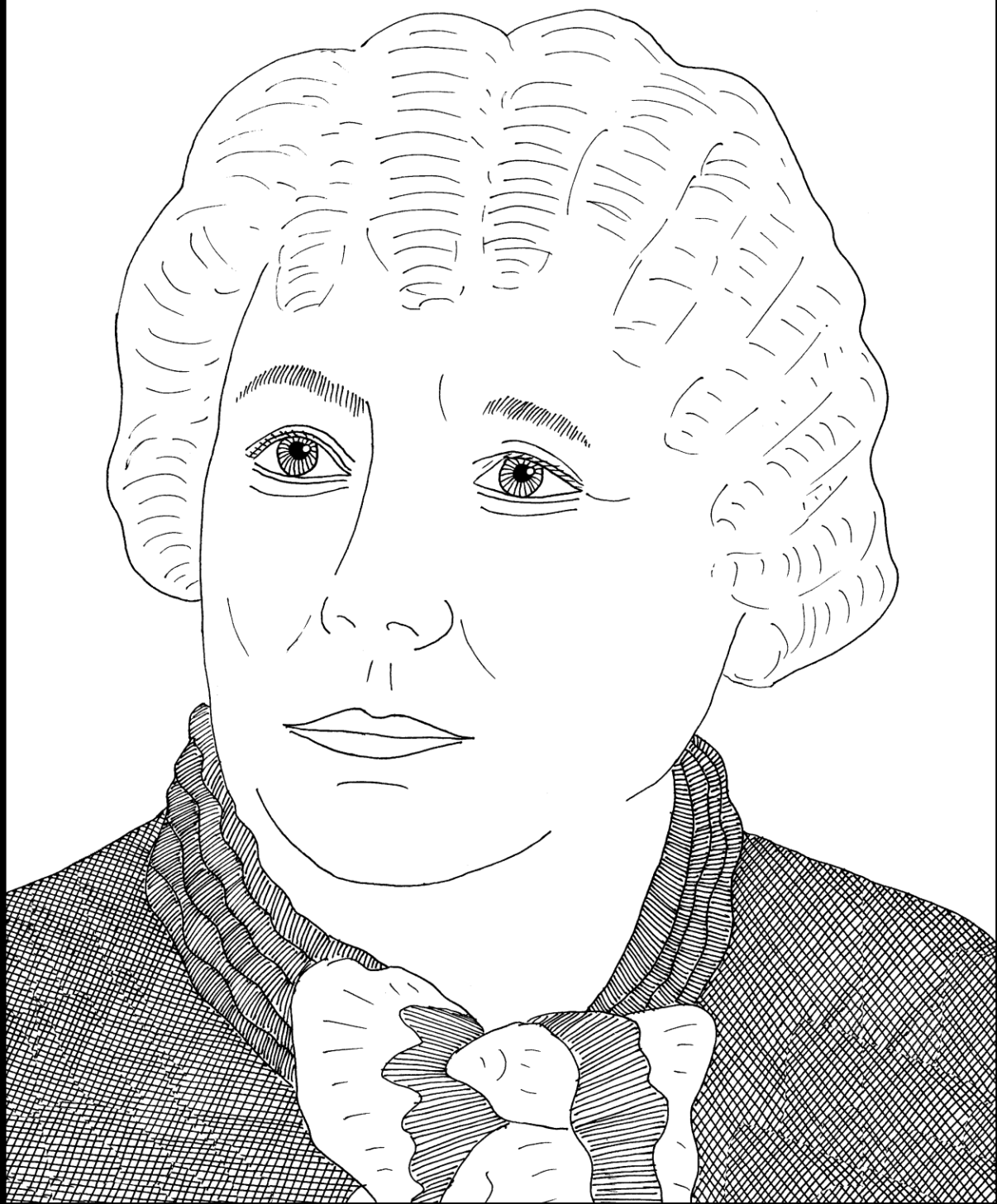
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**"With age comes the inner, the higher life.
Who would be forever young, to dwell always in externals?"
-- Elizabeth Cady Stanton**

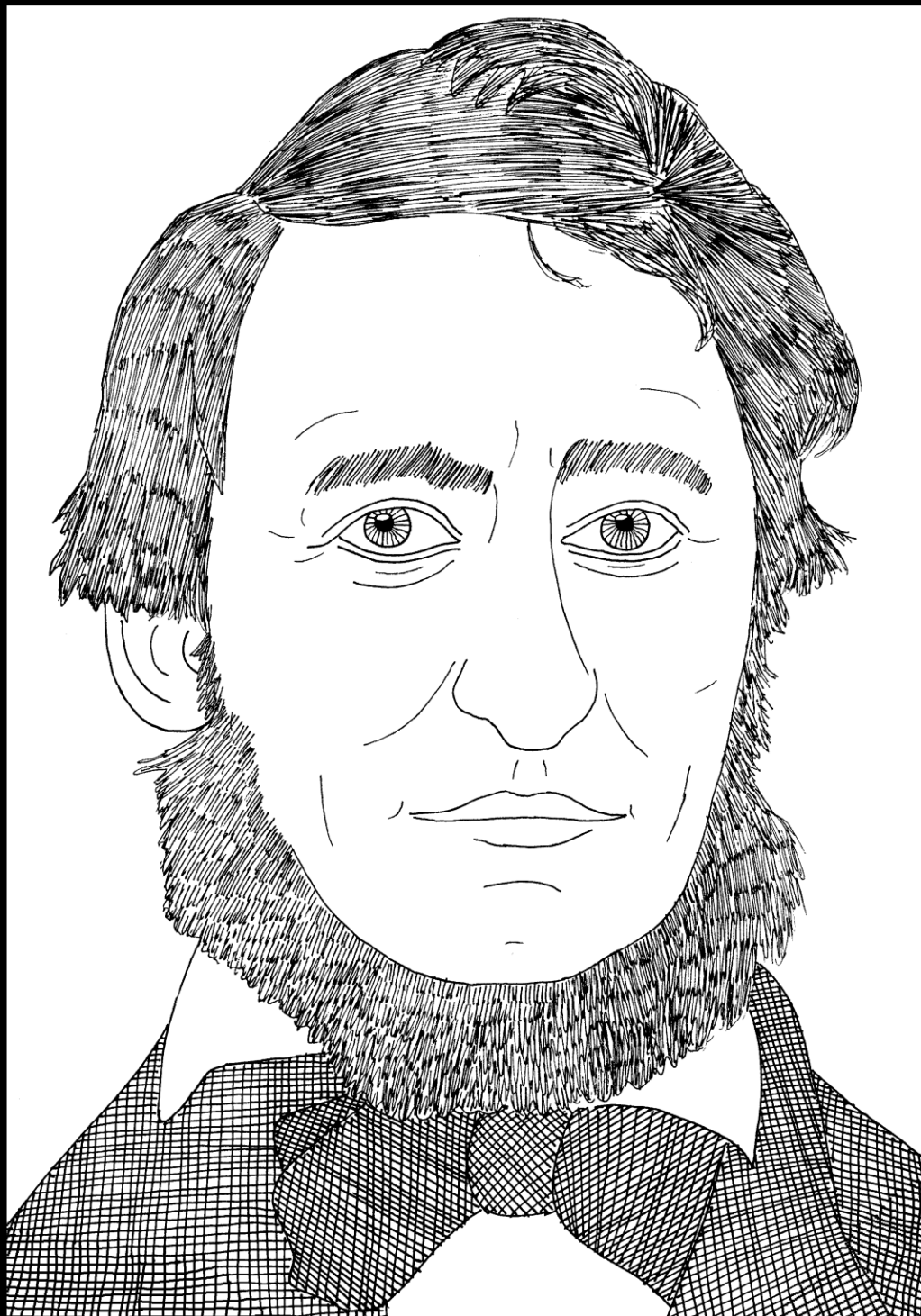
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-- Henry David Thoreau

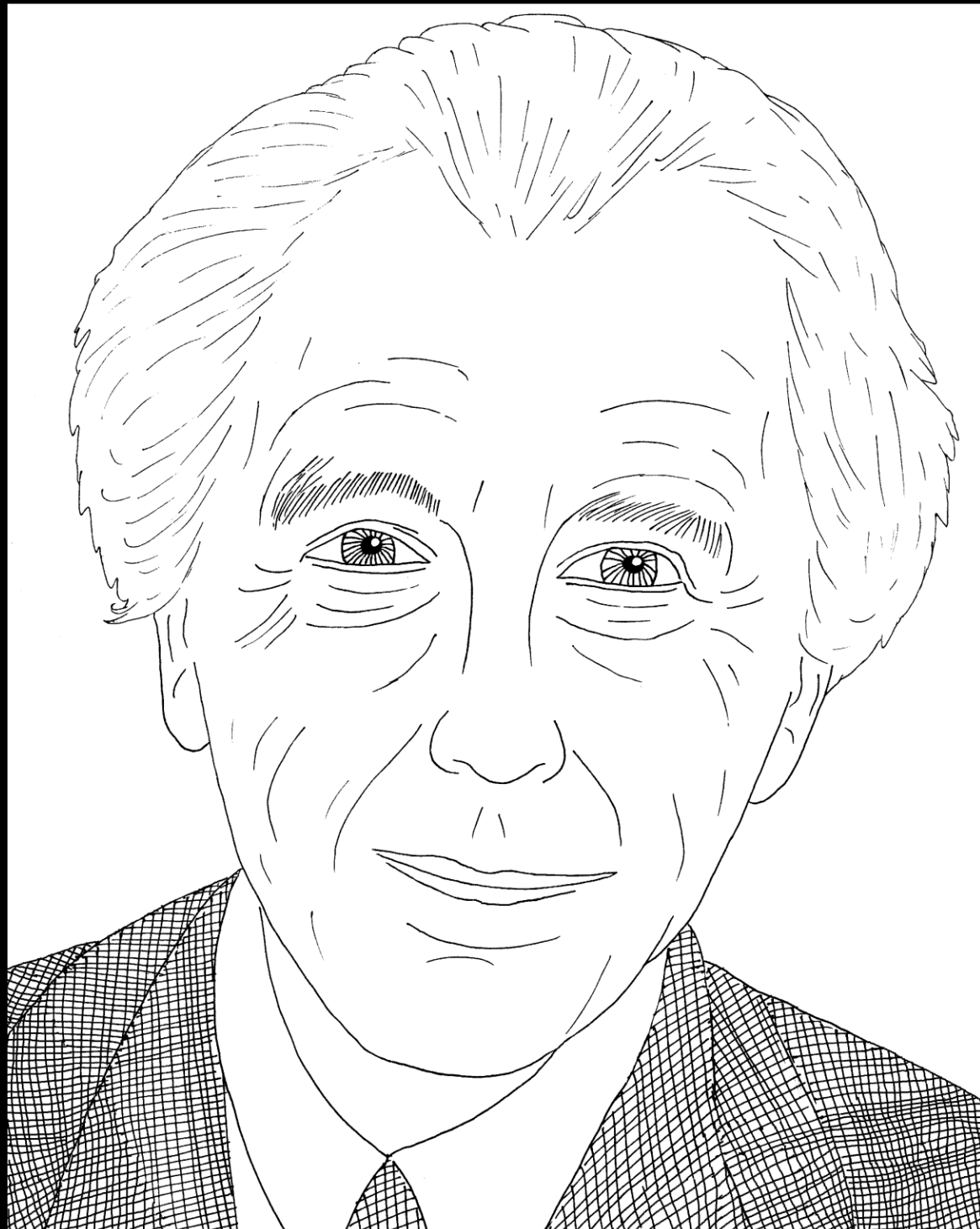
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