



## daily GOOD

To know how to grow old is the master-work of wisdom, and one of the most difficult chapters in the great art of living. --Henri Amiel

### Secrets of the Very Very Old

Any centenarian in the US today has lived to see eighteen presidents serve the United States through two World Wars, the civil rights and womens' liberation movements and the rise and eventual fall of Communism. If s/he worked on a farm, s/he saw the progression from horses to tractors, and a Model T tooted its way down the street. S/he is older than the Empire State Building, bubble gum and Mickey Mouse. In the 2000 census, over 50,000 Americans reported being a centenarian, 100-years-old or more. And this part of the population is the fastest growing in the United States. The New England Centenarian Study took a look at these very senior citizens to see what they had in common.

### Be The Change:

"The Opportunity Afforded By Aging" is a short, insightful passage on conscious aging.