



daily GOOD

The years teach much which the days never know. --Ralph Waldo Emerson

The Blessing of Aging

This delightful video features several women and men who are facing the realities of aging with humor and vitality. They talk about the advantages that aging has brought to their lives, including the loss of inhibitions, learning new things, and focusing on what they enjoy. They are full of life, curiosity and passion. As one gentleman states, "Getting old is out. Getting older is better."

Be The Change:

Reflect on your own perspective on aging for yourself and your loved ones. Has that perspective changed as you get older yourself?