



EMPATHY IS...

*seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.*

“
BE KIND TO
YOURSELF.

-WENDY M.

“
WE DON'T
GROW
OLDER,
*we grow
riper.*

-PABLO PICASSO



*“The best classroom in
the world is at the feet
of an elderly person.”*

-Andy Rooney



“DON'T JUDGE PEOPLE.

You never know what kind of battle they are fighting.”

-Unknown

“

THERE COMES A DAY
WHEN YOU REALIZE
TURNING THE PAGE IS
THE BEST FEELING IN
THE WORLD, BECAUSE
YOU REALIZE THERE IS
SO MUCH MORE TO THE
BOOK THAN THE PAGE
YOU WERE STUCK ON.

-TARYN MALIK

“

AGING IS NOT
LOST YOUTH
*but a new stage
of opportunity
and strength.*

-Betty Friedan



*“You make a living by what you get;
you make a life by what you give.”*

-Winston Churchill