EMPATHY IS...
seeing with the eyes of another;
listening with the ears of another;
and feeling with the heart of another.

WE DON’T GROW OLDER,
we grow riper.

“Be kind to yourself.”
-Wendy M.

“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