

**yet inwardly we are being renewed day by day.
- 2 Corinthians 4:16**

**When we pray for someone or something,
God often makes us part of the answer.
- Corrie ten Boom**

**Make new friends,
But keep the old,
One is silver,
And the other gold.**

**A circle's round,
It has no end,
That's how long,
I want to be your friend,**

**You hold me,
And I'll hold you,
Then together,
We will make it through.**

**I have a hand,
And you have another,
Put them together,
And we have each other.**

**Sew good friends,
Wherever you may roam,
You'll be welcome,
In my heart and home.**

**A fire burns bright,
It warms the heart,
We've been friends
Right from the very start.**

**New made friends,
Like new made wine
Grow and mature,
To the end of the time.**

**Friends like you,
Are one of a kind,
Very special,
And hard to find.**

**Friends are real,
And friends are true,
If you love them,
They will love you too.**

**Cherish friendship,
In your breast
New is good,
But old is best.**

**Across the miles,
Across the sea
Friends forever,
We will always be.
- Girl Scout Song**

**I never allow people to hurt my feelings or insult me.
No matter what they say, I never take offense
because the deeper my offense, the shallower my faith.
- E. Stanley Jones (missionary to India)**

**I'm the life of the party...even if it lasts until 8 p.m.
I'm very good at opening childproof caps with a hammer.
I'm usually interested in going home before I get to where I am going.
I'm awake many hours before my body allows me to get up.
I'm smiling all the time because I can't hear a thing you're saying.
I'm very good at telling stories; over and over and over and over...
I'm aware that other people's grandchildren are not as cute as mine.
I'm so cared for -- long term care, eye care, private care, dental care.
- Unknown**

**I'm sure everything I can't find is in a secure place.
I'm wrinkled, saggy, lumpy, and that's just my left leg.
I'm having trouble remembering simple words like.....
I'm realizing that aging is not for wimps.
I'm sure they are making adults much younger these days,
and when did they let kids become policemen?
I'm wondering, if you're only as old as you feel, how could I be alive at 150?
I'm a storeroom of facts.....I've just lost the key to the storeroom door.
- Unknown**

**Once the game is over, the King and the pawn go back in the same box.
- Italian Proverb**

**Praise is good, compliment is good, but affection --
that is the last, final and most precious reward
that any man can win, whether by character or achievement.
- Mark Twain**

**Middle age is when you've met so many people
that every new person you meet reminds you of someone.
- Ogden Nash**

**Older Christians develop an appetite for for death --
because they know resurrection life comes out of death.
- Alfred Ruscoe**

**To live in hearts we leave behind is not to die.
- Thomas Campbell**

**Know also that wisdom is sweet to your soul;
if you find it, there is a future hope for you,
and your hope will not be cut off.
- Proverbs 24:14**

**The influence of each human being on others
in this life is a kind of immortality.
- John Quincy Adams**

**Remember.....Inside every older person
is a younger person wondering what the heck happened!
- Unknown**

**Your presence is a present to the world.
You're unique and one of a kind.
Your life can be what you want it to be.
Take the days just one at a time.
Count your blessings, not your troubles.
You'll make it through whatever comes along.
Within you are so many answers.
Understand, have courage, be strong.
Don't put limits on yourself.
So many dreams are waiting to be realized.
Decisions are too important to leave to chance.
Reach for your peak, your goal, your prize.
Nothing wastes more energy than worrying.
The longer one carries a problem, the heavier it gets.
Don't take things too seriously.
Live a life of serenity, not a life of regrets.
Remember that a little love goes a long way...
Remember that a lot...goes forever.
Remember that friendship is a wise investment.
Life's treasures are people...together.
Realize that it's never too late.
Do ordinary things in an extraordinary way.
Have health and hope and happiness.
Take time to wish upon a star.
And don't ever forget...for even a day...
How very special you are.
- Collin McCarty**

**Deliver me, O Jesus,
From the desire of being loved,
From the desire of being extolled,
From the desire to being honored,
From the desire of being praised,
From the desire of being preferred,
From the desire of being consulted,
From the desire of being approved;**

**From the desire of being popular,
From the fear of being humiliated,
From the fear of being despised,
From the fear of suffering rebukes,
From the fear of being calumniated,
From the fear of being forgotten,
From the fear of being wronged,
From the fear of being ridiculed,
From the fear of being suspected.**

Amen.

- Mother Teresa

Beauty is not in the face, beauty is a light in the heart.

- Kahil Gibran

**The day the child realizes that all adults are imperfect,
he becomes an adolescent;**

the day he forgives them, he becomes an adult;

the day he forgives himself, he becomes wise.

- Alden Nowlan

Growing Old

What is it to grow old?

Is it to lose the glory of the form, the lustre of the eye?

Is it for beauty to forego her wreath?

Yes, but not for this alone.

Is it to feel our strength -

Not our bloom only, but our strength -decay?

Is it to feel each limb grow stiffer, every function less exact,

Each nerve more weakly strung?

Yes, this, and more! but not,

Ah, 'tis not what in youth we dreamed 'twould be!

'Tis not to have our life mellowed and softened as with sunset-glow,

A golden day's decline!

'Tis not to see the world

As from a height, with rapt prophetic eyes,

And heart profoundly stirred; and weep, and feel the fulness of the past,

The years that are no more!

It is to spend long days

And not once feel that we were ever young.

It is to add, immured

In the hot prison of the present, month to month with weary pain.

It is to suffer this,

And feel but half, and feebly, what we feel:

Deep in our hidden heart festers the dull remembrance of a change,

But no emotion - none.

**It is - last stage of all -
When we are frozen up within, and quite the phantom of ourselves,
To hear the world applaud the hollow ghost
Which blamed the living man.
- Matthew Arnold (1822 - 1888)**

**Friendship is born at that moment when one person says to another:
"What! You, too? I Thought I was the only one."
- Clive Staples Lewis**

**The good ended happily, and the bad unhappily.
That is what Fiction means.
- Oscar Wilde**

**The righteous will still bear fruit in old age,
they will stay fresh and green.
- Psalm 92:14**

**No one can get our goat unless we show them where it is tied.
- Unknown**

**Character cannot be developed in ease and quiet.
Only through experience of trial and suffering
can the soul be strengthened, vision cleared,
ambition inspired, and success achieved.
- Helen Keller**

**There is no such thing as an uninteresting life,
Such a thing is an impossibility.
Beneath the dullest exterior is a drama, a comedy, a tragedy.
- Mark Twain**

**Keep the heart unwrinkled.
- Thomas Aldrich**

**A light heart lives long.
- William Shakespeare**

**When I am an old woman, I shall wear purple
With a red hat which doesn't go, and doesn't suit me,
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens
And learn to spit.
You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
~~OF ONLY BREAD AND A PIECE OF A WEEK~~**

**And hoard pens and pencils
and beer mats and things in boxes.
But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We will have friends to dinner and read the papers.
But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old and start to wear purple.
- Jenny Joseph**

**Youth is happy because it has the ability to see beauty.
Anyone who keeps the ability to see beauty never grows old.
- Franz Kafka**

**You can't have everything. Where would you put it?
- Stephen Wright**

**Cherish all your happy moments;
they make a fine cushion for old age.
- Christopher Morley**

**Ah, but I was so much older then...
I'm younger than that now...
- Bob Dylan**

**As a white candle in a holy place,
So is the beauty of an aged face.
- Joseph Campbell**

**Knowledge comes, but wisdom lingers.
- Alfred Lord Tennyson**

**I thought I could change the world.
It took me 52 years to realize the only people I can change is me,
And man, that ain't easy.
- Oscar Brooks. Jr.**

**As we grow old, the beauty steals inward.
- Ralph Waldo Emerson**

**Young and Old
When all the world is young, lad,
And all the trees are green;
And every goose a swan, lad,
And every lass a queen;
Then hey for boot and horse, lad,
And round the world away;
Young blood must have its course, lad,
And every dog his day.**

When all the world is old, lad,

**And all the trees are brown;
And all the sport is stale, lad,
And all the wheels run down;
Creep home, and take your place there,
The spent and maimed among:
God grant you find one face there,
You loved when all was young.
- Charles Kingsley (1819-1875)**

**I long to accomplish a great and noble task,
but it is my chief duty to accomplish small tasks
as if they were great and noble.
- Helen Keller**

**All that is gold does not glitter,
Not all those who wander are lost;
The old that is strong does not wither,
Deep roots are not reached by the frost.
From the ashes a fire shall be woken,
A light from the shadows shall spring:
Renewed shall be blade that was broken,
The crownless again shall be king.
- J.R.R.Tolkien**

**There is a calmness to a life lived in Gratitude, a quiet joy.
- Ralph H. Blum**

**A merry heart doeth good like a medicine:
but a broken spirit drieth the bones.
- Proverbs 17:22**

**The Unquiet Grave
The wind doth blow today, my love,
And a few small drops of rain;
I never had but one true love,
In cold grave she was lain.**

**I'll do as much for my true love
As any young man may;
I'll sit and mourn all at her grave
For a twelve month, and a day.**

**The twelvemonth and a day being up,
The dead began to speak,
"Oh who sits weeping on my grave,
And will not let me sleep?"**

**"Tis I, my love, sits on your grave
And will not let you sleep,
FOR I HAVE ONE KISS OF YOUR EASY-COLD LIPS**

And that is all I seek."

**"You crave one kiss of my clay-cold lips,
But my breath smells earthy strong;
If you have one kiss of my clay-cold lips
Your time will not be long:**

**Tis down in yonder garden green,
Love, where we used to walk,
The finest flower that ere was seen
Is withered to a stalk.**

**The stalk is withered dry, my love,
So will our hearts decay;
So make yourself content, my love,
Till God calls you away. "**
- Unknown

Notice To The World

We would like to point out that it was NOT the senior citizens who took:

**The melody out of music,
The pride out of appearance,
The romance out of love,
The commitment out of marriage,
The responsibility out of parenthood,
The togetherness out of the family,
The learning out of education,
The service out of patriotism,
The religion out of school,
The Golden Rule from rulers,
The nativity scene out of cities,
The civility out of behavior,
The refinement out of language,
The dedication out of employment,
The prudence out of spending, or
The ambition out of achievement,**

**And we certainly are NOT the ones who eliminated patience and tolerance
from personal relationships and interactions with others!!**

- Unknown

Great Truths About Life That Adults Have Learned

Raising teenagers is like nailing Jell-O to a tree.

Wrinkles don't hurt.

Families are like fudge . . . mostly sweet, with a few nuts.

Today's mighty oak is just yesterday's nut that held its ground.

Laughing is good exercise. It's like jogging on the inside.

Middle age is when you choose your cereal for the fiber, not the joy.

Great Truths About Growing Old

Growing old is mandatory; growing up is optional.

Forget the health food. I need all the preservatives I can get.

When you fall down, you wonder what else you can do while you're down

there.

**You're getting old when you get the same sensation from a rocking chair that
you once got from a roller coaster.**

**It's frustrating when you know all the answers, but nobody bothers to ask
you the questions.**

**Time may be a great healer, but it's a lousy beautician.
Wisdom should come with age, but sometimes age comes alone.**

Success

At Age 4 success is . . . not peeing in your pants.

At Age 12 success is . . . having friends.

At Age 16 success is . . . having a drivers license.

At Age 20 success is . . . having sex.

At Age 35 success is . . . having money.

At Age 50 success is . . . having money.

At Age 60 success is . . . having sex.

At Age 70 success is . . . having a drivers license.

At Age 75 success is . . . having friends.

At Age 80 success is . . . not peeing in your pants.

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Poems, Saying & Quotes for Grandparents

**Grandmas don't just say, "That's nice"
They reel back, roll their eyes, throw up their hands and smile.
You get your money's worth out of grandmas!
- Unknown**

**Grandmothers and grandchildren have a lot in common.
They are inclined to straggle behind on walks.
They doze off at unexpected moments.
They like fancy cakes.
They are very fond of cats and know how to talk to them.
They are given to falling over.
They get the giggles.
- Pam Brown**

**There are fathers who do not love their children;
There is no grandfather who does not adore his grandson.
- Victor Hugo**

**Nobody can do for little children what grandparents do.
Grandparents sort of sprinkle stardust over the lives of little children.
- Alex Haley**

**I like to walk with Grandpa, his steps are short like mine.
He doesn't say "Now hurry up!" He always takes his time.
Most people have to hurry, they do not stop and see.
I'm glad that God made grandpa, Unrushed, and young like me.
- Unknown**

Great Truths About Life That Little Children Have Learned

**No matter how hard you try, you can't baptize cats.
When your Mom is mad at your Dad, don't let her brush your hair.
If your sister hits you, don't hit her back. Parents always catch the second person.
Never ask your 3-year old brother to hold a tomato.
You can't trust dogs to watch your food.
Don't sneeze when someone is cutting your hair.
Never hold a Dust-Buster and a cat at the same time.
You can't hide a piece of broccoli in a glass of milk.
Don't wear polka-dot underwear under white shorts.
The best place to be when you're sad is Grandma's or Grandpa's lap.**

Happiness

**To show a child what has once delighted you,
To find the child's delight added to your own,
So that there is now a double delight seen
in the glow of trust and affection,
This is happiness.
- J.B. Priestley**

**Just when a woman thinks her work is done...
she becomes a grandmother.
- Unknown**

**I have found the best way to give advice to your children
is to find out what they want and then advise them to do it.
- Harry S Truman**

**Grandmother hugs and Grandmother kisses,
Hot oven cookies and holiday wishes,
Attics with treasures of children grown old,
Stories of magic and princes so bold,
Oceans of patience and rainbows of love,
A bright ray of sunshine sent from above,
You stirred my childhood with rich, golden days,
Touching my life in so many ways.
When shadows are dark, I reach through the night,
The love of a Grandmother shines like a light.
- Unknown**

**Spontaneity is what being a grandparent is all about.
It's when you enter your grandchild's world and let him take you with him.
Whatever transpires there is magic.
- Unknown**

**Grandchildren are the dots that connect the lines
from generation to generation.
- Lois Wyse**

**Children's children are the crown of old men;
~~and the staff of children are their fathers:~~**

Proverbs 17:6

**Grandparents somehow sprinkle a sense of stardust over grandchildren.
- Alex Haley**

Grandmother's Talent

**A grandmother has a special talent
She always knows just what to do
To make her grandchildren happy
And to show she loves them, too.**

**At the family get-togethers
She's the first person to look for.
She can entertain small children for hours
And they always keep asking for more.**

**You can tell when a grandmother's teasing
By the twinkle that shines in her eyes
She's an expert at settling problems
For she's loving, patient, and wise.**

**Her grandchildren always admire her,
Even when they are grown
They always feel proud and happy
To claim Grandmother as their own.
- Mary Dawson Hughes**

**Surely, two of the most satisfying experiences in life
must be those of being a grandchild or a grandparent
- Donald A. Norberg**

**Perfect love sometimes does not come until grandchildren are born.
- Welsh Proverb**

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Share Your Wisdom

Think about writing a "**Vision and Mission Statement**" for your life. This would not have to be a specifically laid out roadmap for the rest of your life, but you could use it as a core guide for wherever your life takes you day by day. It would list the moral absolutes that you live your life by. If you have never had a personal relationship with God, please check out *God's Valentine* page. I have told my personal testimony and also listed the steps to having peace with God.

1. Begin this project by **Kneeling Before God** and asking His blessing on your life and guidance for your life. "Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will direct your paths "
- Proverbs 3:5,6. Begin each day with a prayer of thanksgiving and for guidance.

A Morning Prayer

Thank you, Lord, for countless things.

Your friendship, mercy, hope in prayer,
For life itself through joy and pain,
The litany each new dawn sings,
Your love like sunshine in the rain.

Thank you for your strength and holy plan
When the way is hard and doubts assail,
Build my resolve in thoughts and deeds
To serve and love my fellowman,
And want no more than daily needs.

Dear Lord, we seek a deeper peace
Than nations show in human kindness.
While there is time begin the day
When earthly war and strife will cease,
And light divine must heal our blindness.
- Maurice V. Bochicchio

2. In a notebook list what you believe should be the **Purpose** for the rest of your life. Parts would be givens and parts would be personalized. An example of "givens" could be: "I was created to honor God. I will honor God by providing a quality Christian example to my children and grandchildren." Make a list of everything that is important to you. Keep your notebook handy because more and more things will come to mind from day to day.

Seek to give much -- expect nothing.

Put the very best construction on the actions of others.

Never let a day pass without at least a quarter of an hour spent in the study of the Bible.

Never omit daily morning and evening private prayer and devotion.
In all things seek to know God's Will and when known obey at any cost.

Seek to cultivate a quiet prayerful spirit.

Seek each day to do or say something to further Christianity among the heathen.

- Seven Rules for Daily Living by Dr. Jonathan Goforth, missionary to China
1894

3. Make a list of some of your strong **Attributes**. Make another list of attributes that you would like to strengthen. Examples could be: good character, happy spirit, leadership skills, service driven, love and worship God, stewardship heart, honor life.

4. Layout a **Game Plan** for accomplishing your life's mission. We all want to feel fulfilled. People that are in the 45 plus years of age have some definite advantages over younger people. Life is more precious. Life isn't taken for granted. Each day that is given to us is measured with more minute to minute importance. There are many things that can be done to bring happiness. Dr. Laura is quoted as saying, "Those that give of themselves are the happiest people". Read the Bible daily. Ask God to reveal to you how you can better serve Him. Don't let your heritage be like the person depicted in this poem by Edgar Guest:

Tomorrow
He was going to be all that a mortal should be
Tomorrow.

No one should be kinder or braver than he
Tomorrow.

A friend who was troubled and weary he knew,
Who'd be glad of a lift and who needed it, too;
On him he would call and see what he could do
Tomorrow.

Each morning he stacked up the letters he'd write
Tomorrow.

And thought of the folks he would fill with delight
Tomorrow.

It was too bad, indeed, he was busy today,
And hadn't a minute to stop on his way;
More time he would have to give others, he'd say
Tomorrow.

The greatest of workers this man would have been
Tomorrow.

The world would have known him, had he ever seen
Tomorrow.

But the fact is he died and he faded from view,
And all that he left here when living was through
Was a mountain of things he intended to do
Tomorrow

5. Part of your game plan can include **Family Traditions** which are created by repeating and handing down stories, beliefs, and customs from one generation to another. Children that are fortunate enough to belong to families that have sentimental and fun family traditions are more likely to have a healthy identity, feeling of belonging and security. Meaningful traditions are the "ties that bind" families together. Special days such as Thanksgiving, Christmas and family birthdays can be made very special by adding the dimension of specific "hand-me-down" traditions. These practices are built on unique personalities and purposes and can be built on from year to year. Talking and laughing together while sharing pictures of "bye-gone" celebrations can strengthen memories.

6. God asks us to serve Him by **Giving of Ourselves to Others**. What a privilege this is. We have encouragement and ideas of how to help others on the following pages:

Giving of Yourself to Others Tips About Volunteering

'Come, you that are blessed by my Father,
inherit the kingdom prepared for you from the foundation of the world;
for I was hungry and you gave me food,
I was thirsty and you gave me something to drink,
I was a stranger and you welcomed me,
I was naked and you gave me clothing,
I was sick and you took care of me,
I was in prison and you visited me.'
Then the righteous will answer him,
'Lord, when was it that we saw you hungry and gave you food,

or thirsty and gave you something to drink?
 And when was it that we saw you a stranger and welcomed you,
 or naked and gave you clothing?
 And when was it that we saw you sick or in prison and visited you?
 And the king will answer them,
 "Truly I tell you, just as you did it to one of the least of these who are
 members of my family,
 you did it to me."
 - Matthew 25: 34-40

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Examples of Happy and Successful People Over 50:

**In their 50's, Corrie ten Boom and her sister Betsy were active in the Holland underground to rescue Jews from extinction during the Holocaust.
 At 50, Samuel Clemens (Mark Twain) wrote The Adventures of Huckleberry Finn.**

At 100, Grandma Moses was still painting.

At age 98, Titian painted "Battle of Lepants".

At 93, George Bernard Shaw wrote "Farfetched Fables."

At 86, Dorothy Bundy Cheney "is the winningest tennis player the sport has ever known" and continues to play in tournaments.

At 91, Eamon de Valera served as president of Ireland.

At 90, Pablo Picasso still drew and engraved.

At 88, Pablo Casals was still performed cello concerts

Born in 1926, Joe Paterno is currently in his 48th year as a member of the Penn State football staff and is known as the winningest coach in history.

While in his 50's, John Bunyan began to write The Pilgrim's Progress.

At 81, Benjamin Franklin helped construct and signed the US Constitution.

At 40, after translating the New Testament into a Chinese dialect, Hudson Taylor returned to China and served as a missionary for another 40 years.

At 89, Arthur Rubinstein was still performing in New York's Carnegie Hall.

At 82, Winston Churchill wrote the four-volume work, "A History of the English-speaking Peoples".

At 82, Leo Tolstoy completed "I Cannot Be Silent".

In his 80's, Goethe finished "Faust."

Examples from the Bible:

At 130 years , Adam had a son. He then lived until age 930.

At 600, Noah and his sons built the ark. He then lived another 350 years.

At 75, Abram started out from Haran.

At 80 Moses and his brother Aaron (83 years old) began to lead the Israelites out of Egypt.

Enoch 'taken' by God at age 365.

Joshua dies aged 110.

In his old age, Simeon was given the wonderful privilege of cradling the child Jesus in his arms. His life was then fulfilled and said, "Now dismiss your servant in peace".

WHEN WILL YOU BE "100 OLD"? ONLY ON THE DAY WHEN YOU FULLY HAVE NOTHING LEFT

to give. You and I may never be listed in history books, but we can be rewarded by God for our giving and sharing spirit. "Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for GOD LOVES a cheerful giver." - 2 Corinthians 9:7

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One Hundred Years Ago

1902 US statistics:

The average life expectancy in the US was forty-seven (47) years.

14 % of US homes had a bathtub.

Only 8 % of homes had a telephone. A 3 minute call from Denver to New York City cost eleven dollars.

There were 8,000 cars in the US and only 144 miles of paved roads.
The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California.

With a mere 1.4 million residents, California was only the 21st most populous state in the Union.

The tallest structure in the world was the Eiffel Tower.

The average wage in the US was 22 cents an hour. The average US worker made between \$200 and \$400 per year. A competent accountant could expect to earn \$2,000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 % of all US births took place at home.

90 % of all US physicians had no college education. Student physicians attended medical schools, many of which were condemned in the press and by the government as "substandard."

Sugar cost 4 cents a pound.

Eggs were 14 cents a dozen.

Coffee cost 15 cents a pound.

Most women only washed their hair once a month, using borax or egg yolks for shampoo.

Canada passed a law prohibiting poor people from entering their country for any reason.

5 leading causes of death in the US were:

1. Pneumonia and influenza

2: Tuberculosis

3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii and Alaska had not been admitted to the Union yet.

Las Vegas, Nevada population: 30

Crossword puzzles, canned beer, and iced tea had not yet been invented.

There was no official Mother's or Father's Day.

1 in 10 US adults couldn't read or write. Only 6 % of all Americans had graduated from high school.

18% of households in the US had at least one full-time servant or domestic.

There were only about 230 reported murders in the entire US.

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Current Census Bureau Statistics

According to the 2000 census figures there were 96.9 million people in the US age 45 and older; by 2010, this number will grow to 119.3 million.

Baby boomers (those born between 1946 and 1964) is the largest generation in American history. During 2003 they will be between 39 - 57 years of age.

The 50-and-older increase in population is partially due in part to medical breakthroughs that are helping senior citizens live longer. Of all Americans 50 and older: 42.2 million, or 55% were women. 34.7 million, or 45% were male. Women historically have had longer life spans than men.

- **61.8 million (4 out of 5 Americans 50 and older) classified their background as white only.**
- **7 million of age 50 or older chose only black as their race, regardless of ethnicity— the largest population in that age category among minority groups.**
- **4.8 million of age 50 or older chose Hispanic as their race.**

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Links of Interest for Seniors

Senior Corps is a network of programs that tap the experience, skills, and

talents of older citizens to meet community challenges.

Special Committee on Aging conducts a continuing study of any and all matters pertaining to problems and opportunities of older people.

FIRSTGOV For Seniors provides consumer and scam protection education, tax assistance and retirement planning.

Focus Over Fifty provides inspiration and online resources for people in their prime of life.

Write a Senior Citizen is to provide an opportunity for Senior Citizens to be able to obtain pen pals from around the world.

Create a powerful ministry online and impact men and women, teens and children, right around the world

Study of importance of prayer in a relationship with God.

Senior Saints Go Web Surfing! has fun and information for seniors.

National Grandparents Day originated with Marian McQuade. The primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. Grandparents Day is celebrated every year on the first Sunday after Labor Day.

41 Important Things to do with your grandchildren to build good relationships and make an eternal deference in their lives.

My Children Are Coming Today demonstrates parent/child role reversal.

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