


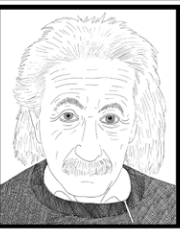
















<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Old society must make a right and possible for old people not to be the young or be deserted by them, for the best of civilization is the way that is open for its helpless members." — Pearl S. Buck</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I am an old man, but in many senses a very young man. And this is what I want you to be, young, young all your life." — Pablo Casals</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"There is something about that aging, irascible old man that makes me understand even in the human non-humans that allow for the search of aging, through connection of old through education, through removal of barriers from the body, through exercise, through age and learning techniques, and through meditation." — Stephen Greig</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I live in that solitude which is painful in youth, but delicious in the years of maturity." — Albert Einstein</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I'm saving that rocker for the day when I'll be as old as that old man." — Dwight D. Eisenhower</p> <p>Do One Thing for a Better World</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"As we grow old...the beauty steals inward." — Ralph Waldo Emerson</p> <p>Do One Thing for a Better World</p>	<h1>SENIOR CITIZENS DAY</h1> <h2>August 21</h2> <p>...make a difference...</p> <div style="border: 1px solid black; padding: 20px; margin: 20px auto; width: 80%;"> <p>Do One Thing for a Better World.</p> <p>Together We Make a World of Difference!</p> </div> <p>© The Emily Fund Distribute freely - no endorsement implied</p> <p>DoOneThing.org - EmilyFund.org</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Those who live deeply never grow old; they may die of old age, but they do not." — Benjamin Franklin</p> <p>Do One Thing for a Better World</p>		
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Aging is not 'lost youth' but a new stage of opportunity and strength." — Betty Friedan</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I've thought of no better way of redeeming the large world today than love and laughter. The more of the young have together, the more they will love and laugh. The more of the young have together, the more they will love and laugh. The more of the young have together, the more they will love and laugh. The more of the young have together, the more they will love and laugh." — Madison Avenue</p> <p>Do One Thing for a Better World</p>			
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"It was once said that the most test of government is how that government treats those who are in the lowest of the low. The children, those who are in the hospital, the sick, the elderly and those who are in the shadow of life, the sick, the needy and the handicapped." — Robert Kennedy</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Old age is not a disease. It is strength and sunniness, triumph over all kinds of vicissitudes and disappointments, trials and illnesses." — Maggie Kahn</p> <p>Do One Thing for a Better World</p>			
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"You associate enough with older people who do enjoy their lives, who are not stored away in any golden ghetto, you will gain a sense of continuity and of the possibility for a full life." — Margaret Mead</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"To be happy in this world, especially when you are poor, it is necessary to feel oneself not merely an isolated individual whose day will soon be over, but part of the stream of life, to draw on from the first germ of life and to return to it." — Bernard Shaw</p> <p>Do One Thing for a Better World</p>			
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"With age comes the inner, the higher life. Why would be forever young, to dwell always in externals?" — Elizabeth Cady Stanton</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"None are so old as those who have no real enthusiasms." — Henry David Thoreau</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The longer I live the more beautiful life becomes." — Frank Lloyd Wright</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Aging is not 'lost youth' but a new stage of opportunity and strength." — Betty Friedan</p> <p>Do One Thing for a Better World</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Old age is not a disease. It is strength and sunniness, triumph over all kinds of vicissitudes and disappointments, trials and illnesses." — Maggie Kahn</p> <p>Do One Thing for a Better World</p>