

# THE NEW 65

Real People. Real Stories. Real Inspiration.





**THE  
NEW** 65

# THE NEW 65

It's not what you think

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Welcome to *The New 65*, a fine art photography exhibit celebrating life beyond 65. *The New 65* challenges long-held stereotypes about what it's like to age and how older adults should think, feel, and act.

The photographs and stories that make up *The New 65* showcase those who, no matter their age, abilities, opportunities, or challenges, are living lives of purpose and joy. They're pursuing new dreams and adventures. They're doing the things they love with the people they love. They're real people with real stories, inspiring others to embrace the process of aging.

It's become popular to say "65 is the new 45." The intent is positive but it implies that the best way to explain someone who is happy and involved in their community is to say that they look or act much younger. Sixty-five is not the new 45. Sixty-five is *The New 65* and that's good news for all.

Humana

G R O W I N G  
**BOLDER**



# Mike Dunn

## ARTIST STATEMENT

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There's beauty in every story, and a story in every face. I believe that everyone has a story worth uncovering and my work as a portrait artist calls to attention the experiences we carry in our faces and bodies. I have always been drawn to a sense of positive defiance, that life isn't meant to be lived on autopilot but with a resolute determination to affirmatively create one's own existence with a quiet understanding and acceptance of the immovable nature of time.

The stars of this piece make visible the diversity of experience when it comes to life after 65, busting outdated stereotypes and standards of how this phase is supposed to look, feel or behave.

A portrait is necessarily a collaborative exercise, one that requires trust and vulnerability. Through that courage, these faces and bodies reflect back to us both the specific reality of a singular life and the communal hope to challenge our cultural vision of what aging looks like. **This is *The New 65*.**



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## Valerie Leonie Clarke, 70

Family and fashion have always been at the forefront of Valerie Leonie Clarke's life. Born in Kingston, Jamaica, she is number seven of 12 kids. Valerie migrated to the United States in 1973, where she studied to become a professional fashion designer in Boston, Massachusetts.

Now 70, Clarke walks four miles every morning, followed by a vigorous gym routine, and time spent out with her loved ones. By her estimation, she travels more than 15 miles by foot by the end of every day.

She encourages others to surround themselves with uplifting, supportive people, like she has done for herself and her siblings.

“Surround yourself with positivity. Not people who are going to bring you down and look for the wrongs. Look for the positive. If you can't find it, change it. Fix it.”

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**I love living. I love life.**

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**It’s important for the young kids to see somebody like me and realize that age is just a number.**

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## Carmelo Aguayo, 65

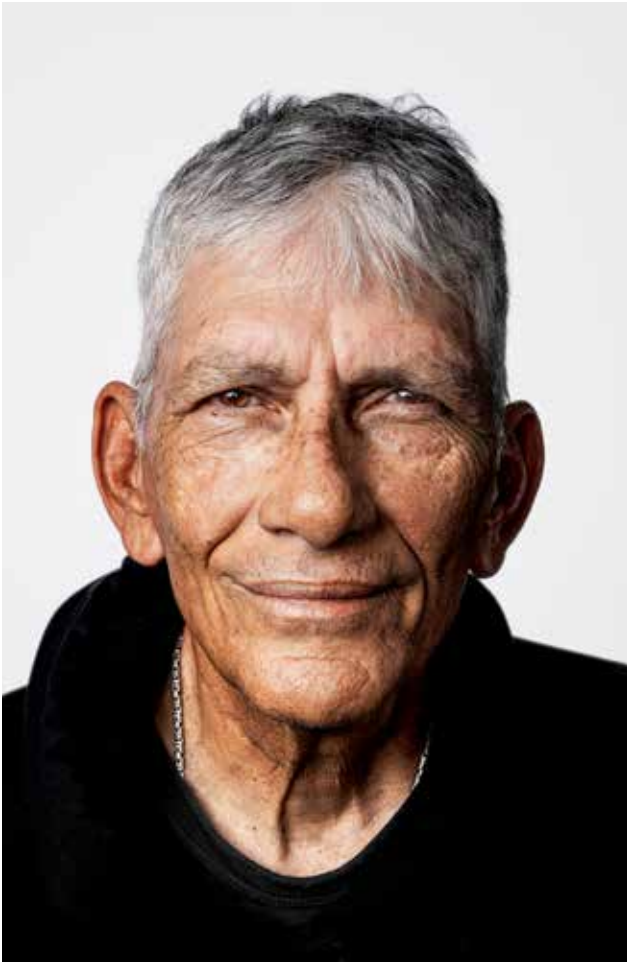
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Carmelo Aguayo can be found giving back to his community every week on the baseball diamond. After years playing the game at the highest levels, Aguayo is now changing young lives as an umpire, a coach and a trainer for kids who want to learn to play baseball. He says it is a “beautiful sport,” because it teaches life lessons that have an impact beyond the base path.

“Baseball is what got me disciplined and made me want to be a good human being. I learned how to get the best out of myself. I had challenges. I wasn’t the right height. I had language barriers. I had to work harder in order to get what I got. When I talk to the kids, I tell them about my challenges and how they made me stronger in life.”

Now 65 years old, Aguayo has an infectious smile, a booming laugh, and a surplus of physical energy. He hopes his example will change his players’ perceptions of age.

“I want to influence the new generation. It’s important for the young kids to see somebody like me and realize that age is just a number.”



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Every day there is  
something new to learn.  
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## John Chiarello, 65

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John Chiarello knows that life can be challenging, but that doesn't stop him. He focuses on keeping busy each day instead of dwelling on conditions. John is optimistic about his future and hopes to travel.

“I traveled all my life and I stopped it,” he said. “I want to start again; to go to Italy, Venezuela, Colombia, anywhere.”

Chiarello was born in Italy and grew up in Venezuela, where he went to college to study veterinary

medicine. Today he's still learning. He enjoys the classes offered at his local Humana Neighborhood Center, including how to cook new dishes, sleep changes to make for better brain health, and “Strike Up,” a game that outlines the art of conversation.

John feels at home at Humana. He enjoys talking to other members and the staff there. “Every day there is something new to learn,” says Chiarello.





## Nadia Nedzel, 99

The daughter of a renowned portrait painter, Nadia Nedzel's artistic journey began when she was just 5 years old. She spoke only Russian, so her kindergarten teacher gave her crayons and let her draw. The drawings were so good, the teacher entered Nadia's artwork in contests, and it won awards. When she got older, Nadia got a job hand painting lamps, her earnings as a designer helping her family become financially stable.

Today at 99, it's art that still gives Nadia purpose. "About two years ago I realized I'm so old, I'm not going to live long, so what have I got to look forward to? Then I thought, I can give away drawings and that's been fabulous."

Nadia creates keepsakes for anyone who asks for one, drawings made from photos of children, pets or nature.

"Every time I give a gift away, that brings me such joy. And that's what keeps me going, that's what makes my life worthwhile."

"I keep looking for people who want me to draw and that brings me tremendous joy. I love the feeling of someone thanking me for something, that I can do something for people. I have something to look forward to."



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**I don't look back.  
I look for the future.  
I choose to be happy.**

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## Maria Desrosiers, 79

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Maria Desrosiers is full of life, overflowing with charisma and charm. With a beaming smile, she proudly shares the details of her daily routine.

“I get up at five o'clock every morning. I go to church and then to Zumba for dance and fitness. I work out with weights, and then I plant flowers and dig up bushes outside. I have energy. I don't feel old because I enjoy life and I'm always positive.”

One might expect someone with such enthusiasm for life to have avoided hardship, but Maria has embraced a positive attitude throughout a lifetime of challenges.

Born in Poland in 1944, Maria grew up on a farm in economically challenging times that required hard work every day. She developed a sense of optimism and appreciation for life that would later serve her in a battle with breast cancer.

“Cancer is very tough. I went through chemo and radiation. I was really sick, but I didn't think negative. I was thinking, 'I'm going to be better,' and I got better.”

On the verge of turning 80, Maria is looking to the future and is excited for what's ahead. “I don't know how long I'm going to live -- 100 or 90, or tomorrow could be my day. But I've got to live today. I don't look back. I look for the future. I choose to be happy.”



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## Carolyn Fennell, 75

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Carolyn Fennell has just retired from a four-decade career as a senior director for the Greater Orlando Aviation Authority. She helped transition what was once a regional landing strip into one of the world's busiest airports and the gateway to the nation's top tourist destination. Over the course of her career she's dealt with sexism, racism, and ageism, and always found strength in the words of her grandmother. "She would always say, 'You can do it, baby.' In the back of my head, that mantra plays whenever I face a challenge."

In retirement, Carolyn plans on pursuing her passion for helping others succeed. "There's a great need just to have what I call the old-fashioned porch mother. Someone who says, 'You need to do this,' or 'You should consider this.' We need listeners these days, and I want to be one of them."

Carolyn is excited about her version of retirement and offers this advice on aging. "Be yourself. Too many of us try to be like someone else and that can lead to unhappiness. And more than anything, get friends. Sometimes we think we have to be alone, but my greatest treasures are wonderful friends to share life's goals, challenges, and triumphs."

THE NEW 65



Maria Vega



Saul Herrera



Juliet Herrera



Patricia McGowan



Juan Rivera Soler



Viviana Correa



Qamar Khan



Edwina Hale



Paula Stark



Hans Tank



Magaly Tank



Ana Diaz



Terttu Barsch



Esther Rodriguez



Jake Dorn



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## Olga Gonzalez, 72

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Born in Harlem, Olga Gonzalez was once homeless before building a career with General Motors. After retiring, she moved to Osceola County and driven by a desire to help others, founded two nonprofits whose services include everything from supporting young mothers, to assisting seniors, and helping young men and women coming out of jail to enter the workforce. Her work with nonprofits led to her becoming a Kissimmee City Commissioner in 2016. Four years later, with no money and no endorsements, she became the first female Hispanic mayor of Kissimmee.

Anxious to focus on her nonprofit work, Olga will not seek another term as mayor. “My passion has always been helping others. I want to show seniors that there’s hope and someone to give a helping hand. I want everybody to see that everything is possible if you put yourself to it. I’m going to be 73 years old and I’m on the go 24/7. This is what’s keeping me going and giving me life — volunteering, working my passion. Wellness is keeping on the go, keeping your mind active. I read a lot. I crochet. I cook. I have 15 grandchildren and three great-grandchildren. I’ve got to keep up with them!”



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**I’m not looking to live the high life.  
I’m just looking to live my life.**

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## Danny Antonetti, 67

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Danny Antonetti retired two years ago with only Social Security, very little in savings, and a great deal of concern about his financial future. “My wife still works but I didn’t think I’d be able to retire and not have to work,” he says. “I was wrong.”

A positive attitude, a willingness to try new things and meet new people, great healthcare, and regular physical activity are the keys to a retirement that he’s grown to love. “I don’t know if you call it playing golf, but I hit a white ball with a stick. I play tennis, pickleball, play poker on Friday nights and I call bingo for the community. So, it’s great.”

Danny’s greatest passion is riding his motorcycle. “I want to be 95 and still riding this baby,” he says. “I’m not looking to live the high life. I’m just looking to live my life.”



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**Live with hope and have a purpose.  
My purpose is to be able to help  
others to have a better attitude.**

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## Carol Smart, 72

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Guided by strong spiritual beliefs and a passion for helping her community, Carol Smart is making an impact on others in her 70s. Curious and caring, she finds purpose through service to her church and her community. But Carol says we can all make a difference at any age through small acts of kindness.

“Even just a phone call, a little smile. At the gas station if somebody needs a dollar, give it to them. Doing for others, not just thinking about yourself, will help you feel good.”

Smart says she gets her energy from fresh fruits and vegetables and enjoys walking. After a long career as a nurse, Carol is now a caregiver for her father. She gets encouragement from her own children who say, “Mom, you know you can do this.” She believes in the power of intergenerational connection and hopes that her example will show younger people to value spending time with older adults.

“Older people have wisdom. We can teach you things that you may not experience in life and be a great support system.”





## Jimmy Chapman, 73

Jimmy Chapman started running the Double C Bar Ranch in Kenansville, FL when he was just 16 years old. Today the third-generation ranch owner and his wife, Leslie, work alongside their four children and grandchildren raising purebred Brahman, commercial cattle, and blueberries.

Chapman's father was trimming fence rows when he was 90, and Jimmy has no plans to slow down.

"I never knew anything different. I just thought everybody did that into their 90s. So, as long as my mind's there and I'm healthy, I don't see much changing."

At 65, Chapman found a new way to share his love for his native state: painting landscapes of natural Florida settings. After watching an artist at a flea market, Chapman went out and bought supplies, came home and painted.

"I just have always liked art, but I never thought about painting until that day," Chapman said. "I said, 'You know what? I'm going to paint.' I've always wanted to, but I didn't know if I could or not."

That can-do attitude has carried him through the ups and downs of ranching and running a family business. "That's just always been. 'I can do that. That's no problem,'" said Chapman. "You may get banged around a little bit trying it, but you can do it. Just make yourself do it."



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## Merlin Hidalgo, 82

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When he was younger, Merlin Hidalgo was busy 24/7. He studied medicine, becoming a physician and a college of medicine professor. Today he takes the principles he shared with his patients and students and applies them in his own life: eat healthily, keep moving and keep learning.

Participating in Zumba and chair yoga classes at his Humana Neighborhood Center keeps Hidalgo active and motivated by the members who are older than he is. “Sometimes I have to sit down for a while to rest; they continue and manage. Even our instructor has some knee problems like me, and she’s still making a living teaching us.”

His goal is to get mobile enough to resume cruising around the world. Until then, Hidalgo finds joy watching the birds come to his backyard feeder. “I just bought a book on birds, also a book on trees, and how to take care of gardens, fertilizer, things like that. It’s a continuous learning process.”



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**It's really just having a positive mindset and doing things that not only make you happy, but also serves others.**

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## Joanie Schirm, 74

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Joanie Schirm was going through her father's belongings after he passed away. Hidden in an old chest, she discovered 400 personal letters from 78 different writers, most written in Czech. When translated, the letters revealed the family's past that her parents never spoke about.

Fascinated and curious, Joanie retired early and began a journey of self-discovery. Along the way, she uncovered family secrets, revealed an international network of young people fleeing Nazi persecution, and became a respected scholar, genealogist, teacher, and author of acclaimed historical non-fiction. “To me, retirement is just the next chapter of life and it's great,” she says. “I'm writing my fourth book. It's really a gift to be 74.”

Joanie represents what for many is the new face of retirement. She's still learning, still growing, and still active in her community. “Many women my age look at the world much differently than our moms did and we're lucky for that. I love what I'm doing and I'm grateful to be a role model for others because when they see it, they know that they can do it, too. It's really just having a positive mindset and doing things that not only make you happy, but also serves others.”



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**I don't just sit around. That's what makes me feel as good as I do. If you're bored, it's your own fault.**

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## Marylou Amerman, 92

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When she was in a fifth-grade ballroom dancing class, Marylou Amerman met the man who would one day become her husband of 66 years. She says their shared love of dance sparked a lifetime of so many wonderful moments.

Though she lost her husband six years ago, Marylou continues to lead an active, happy life. She plays tennis and golf three days a week, and pickleball every afternoon. “I don't just sit around. That's what makes me feel as good as I do. If you're bored, it's your own fault.”

Marylou maintains a passion for knitting, sewing, and embroidery, and even stitched the flowers seen here on her shirt. Now in her 90s, she supports the Good Samaritan Society by making teddy bears for disadvantaged children and women's shelters. She is fueled by a desire to continue making a difference for others and urges everyone to seize the opportunity of life in their later years.

“Keep moving. Don't get into that recliner chair and just sit there. I tell people, ‘Death by reclining chair.’ Keep active, keep your mind busy. Read, sew, knit, crochet. Keep your hands busy.”



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## Gladstone Roberts, Sr., 77

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After you meet Gladstone Roberts, Sr., chances are what you'll remember most is his smile, beaming from one side of his face to the other. He says his joy comes from the gift of being alive. He feels blessed each day just to wake up, because he knows others did not have that opportunity.

His faith in God is the cornerstone of Gladstone's life. He says it is what sustained him after his wife's death. "All because of Him," Roberts said. "I have to put faith and hope and trust in Him. He will see you through in every situation."

Gladstone enjoys having fun with his two daughters, his son and four grandchildren. He also enjoys coming to the Humana Neighborhood Center, where he takes health education courses on topics like diabetes and sleep strategies, and simply enjoys being with the staff and other members. "I think it's great to have something like this in a community. A community is where all of us meet as a family."



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## Joe Johnston, 79

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Joe Johnston recently completed what may be the world's most unusual home addition for a man in his late 70s. He and his wife, Janet, added a 5,000 sq. ft. indoor pole-vaulting room to their home. How's that for optimism about the future? "I don't pay attention to the notion that we're supposed to be taking it easy and declining by the day," Joe says. "I've been flat on my face before and got back up. I reckon I can do it again. My go-to answer to any challenge is always movement. Just get up and keep moving and that's what I plan on doing."

Despite multiple injuries and joint replacements, Joe has not only kept moving, he's continued setting age-group world records and winning national championships in pole vaulting, hurdles and heptathlon.

Joe and Janet, who is also a pole vaulter, are both retired teachers on fixed incomes. "I'm a filthy rich man but I ain't got much money," Joe says. "I have wonderful things in my life that I deeply appreciate and that makes me rich. I stumbled on my soulmate many years ago and somehow managed to marry her. She thinks I'm everything that I aspire to be."



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**Take one step at a time.  
Take it easy and do one thing,  
day by day. Life goes by faster  
than you think.**

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## Brenda Wilson, 77

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Brenda Wilson begins her day with visits to the chicken coup and her garden. Taking care of her health and wellbeing is important to her. Taking classes at the Humana Neighborhood Center is more than something to keep her busy. Brenda says it keeps her in touch with her peers and motivates her to do new things every day, which gives her happiness and purpose.

When asked what it takes to be happy and healthy at 77, Brenda said, “Take one step at a time. Take it easy and do one thing, day by day. Life goes by faster than you think.”



“  
Stay positive.  
Be kind to others and yourself.  
That brings freedom.”  
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## Cecilia Ramos, 83

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The joy that Cecilia Ramos exudes is real. She believes it comes from her positive mindset and optimistic outlook.

Cecilia begins each day checking on her avocado plants. Staying active helps her stay healthy, happy, and calm. She loves gardening, dancing, doing puzzles and crafting. She also loves helping her family and looks forward to spending time with her many friends.

Prayers and receiving and offering acts of kindness have carried her through tough times. “Stay positive. Be kind to others and yourself. That brings freedom,” Ramos said.





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## Karl-Heinrich Barsch, 84

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Karl-Heinrich Barsch is a retired university professor who was diagnosed with dangerously high blood pressure when he was in his 50s. Doctors prescribed daily walks. “At first, I couldn’t walk around the block without running out of steam,” he says. “But I kept with it and eventually became an avid runner.” His health improved dramatically until he was hit by a delivery truck on an early morning run. He spent more than a month in the hospital and could no longer run...but he didn’t give up. “There are things you just deal with because there’s so much more to life,” he says. “Whatever gets you down is an opportunity to try something new. I couldn’t run so I trained myself to race walk and have now walked 27 marathons. You can always find a new way to adjust and keep going.”

Karl-Heinrich is excited about the years ahead. “Aging is like the potatoes that you put in your cellar. You live from what you have stored up over time. Aging is a positive thing. You have experience and so much wisdom stored up that life becomes richer with age. We are here. We are alive. It is wonderful.”



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**There's no age limit on giving hope,  
and that's what I'm blessed to do.**

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## Pamela Landwirth, 71

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When Pamela Landwirth joined Give Kids the World in 1992 she discovered her life's passion and purpose. Today, as president and chief executive officer of the nonprofit that annually provides over 7,600 families with critically ill children week-long, cost-free vacations, she says every day feels better than the first one did 31 years ago.

“I think it was Samuel Clemens that said, ‘The most important days of your life are the day you were born and the day you discover why,’” quoted Landwirth. “So many people don't take the opportunity to discover why. Some people find it at an early age and some people find it at a more advanced age, but once you find it, there's just no stopping you. I'm going to be 72 in a couple of months and I've never felt better in my life.”

Many of the nonprofit's 1,800 weekly volunteer shifts are filled by people 65 and older, a reminder that there's no age limit on making a difference.

“Hope is the most precious gift you can give another human being. There's no age limit on giving hope, and that's what I'm blessed to do,” Landwirth said. “Everybody has gifts to give - why bottle them up inside? You'll just feel so good if you go out there and just give them away. And then it's not a matter of age, right?”



## Nadeem Khan, 63

Nadeem Khan was growing up in England when his father gave him a toy car and provided the spark of imagination and curiosity that has defined his life. “It was a battery-powered Mustang,” he says. “I was determined to figure out how it worked and that’s when everything started.”

Today, Nadeem owns Cadillacs, an El Camino, an old Plymouth hardtop, and a few hot rods. Most are 50 or 60 years old, in original condition. “I love cars that have lived a life, show some wear, and are still running strong.”

Cars are not Nadeem’s only passion. “Over the years, I’ve played drums, guitar, and standup bass in more bands than I can remember. My current band is a cow punk band. You know, country western rockabilly with a punk rock edge.”

Cars and music drew Nadeem into two very different cultures, giving an immigrant teenager a sense of belonging. “Shared passions make room for everyone,” Nadeem says.

That’s the power of passions. We’re drawn to others who share our passions. If we love the same thing, it becomes easier to love one another. Walls come down and stereotypes are overcome.



“  
Life opens up from the experience of  
saying, ‘Let me take that chance.’

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## Beverly Marshall-Luney, 75

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Beverly Marshall-Luney was a successful business executive in a demanding position when she suffered several serious health setbacks. Determined to not just survive but to thrive in the face of potentially overwhelming challenges, she began working out and totally transformed her lifestyle. She lost weight and gained the health, energy, and courage necessary to retire from corporate America and chase her dream of starting a travel company. “Now that I’ve been able to spread my wings and explore the world, it’s beyond anything that I could ever imagine,” she says. “Life opens up from the experience of saying, ‘Let me take that chance. Let me take that risk. Let me pursue that opportunity.’”

Today, at age 75, Beverly is a passionate advocate for healthy lifestyle and a proud business owner leading small groups of older adults on escorted and curated travel adventures. She credits her success to the resilience that comes from adversity. “I’ve suffered many health setbacks but every one was an opportunity to say, ‘Let me explore this. Let me ask the right questions and make the right changes.’ Every problem in my life has set me up for a blessing.”



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## Thomas Greco, 71

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When Thomas Greco was young, he traveled across the United States with his great uncle, visiting 47 of the 50 states. His goal is live to be 100, as some of his mother's family did, and hopefully get to the last three: Maine, Hawaii and Alaska. Seeing the variety from state to state gives him an appreciation for what each state offers. "I'm a native Floridian, but I don't knock any other state. I'm patriotic in that kind of way."

With no family of his own still living, Greco finds social connection at the Humana Neighborhood Center where he participates in cooking demos, trivia, bingo, pickleball, Pictionary and the "Harmonicas for Health" class.

Staying active by doing things like bike riding is important to Thomas, but so is his mental outlook. "I keep a positive attitude, keep interested in things, and keep doing and moving forward," said Greco.

What is he looking forward to? "The future."

THE NEW 65



Maria Blanco



Victor Gomez



Jan Gomez



Carmen Winslow



Peggy Tavarez



Janet Johnston



Joan Dineen



Carmen Delgado



Lidia Colon Delgado



Eugenia Belliar



Lourdes Mendez



Dona Ciana Rivera



Idalia & Jose Orlando



Harcharan Singh



Geneva Singh



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## Fernando Raymundo, 75

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At 75, Fernando Raymundo believes there is still much more to do and learn. “I would like to know more about technology. This is the world now.”

The sunrise is enough to get the former truck driver up and moving each day. Movement is a priority for Fernando. Afternoon exercise and evening walks give him energy and help him move toward his goal of living many more years.

As a widower, community is important to Fernando as well. He talks to his son every day and looks forward to visits to Texas to see him. He also enjoys being with his “crew” at the Humana Neighborhood Center, playing bingo and joining the cooking demos, “Harmonicas for Health” and other classes. He regularly brings other members to the center, excitedly sharing all the activities that are offered.

Age has brought Fernando wisdom and perspective. “I have learned to understand people, to do things on my own and to provide help to those who need it.”





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**You have to be grateful for each day and you need a passion for helping others.**

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## Kelley Barrows-Jipson, 80

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Kelley Barrows-Jipson wasn't ready to give up on happiness and, after losing her husband, wasn't ready to give up on love. Kelley heard about online dating and figured, why not?

“I was a widow and there was this website that said, ‘Alone, unattached, tired of the bar scene?’ So, I checked out all the guys, and one appealed to me a little bit. So, we met on our first date and that was it.”

78-year-old Jake Dorn is the one that caught Kelley's eye. He was attracted to her sense of humor and the rest is online dating history.

Kelley believes the secret to happy aging is two-fold. “You have to be grateful for each day and you need a passion for helping others. Today, I drove for Meals on Wheels. I also volunteer for Give Kids the World. Next week Jake and I are going on a mission trip to North Carolina.”



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## Elizabeth Rodriguez, 79

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A positive attitude has led Elizabeth Rodriguez throughout her life. “I have always enjoyed my life since I was a little kid, and I’m still enjoying life now that I’m older.”

At 79, she embraces opportunities to socialize and engage with others. Elizabeth loves dancing, talking with friends and family, and the ability to be creative through crafting. She believes her enthusiasm for life and optimistic attitude has rubbed off on her friends and loved ones.

“My children are just like me. They have that same happy attitude. I always tell them that getting old is not a bad thing. As long as you take care of yourself and you are healthy, there is nothing wrong with getting old.”

# What We Can Learn from *The New 65*

*The New 65* are smashing stereotypes and challenging the misconceptions of what it's like to grow older. The inspiring message from Mike Dunn's portraits and the stories that accompany them is that we can all find our own way to love life beyond the age of 65.

*The New 65* are diverse in every way imaginable, but as we got to know them, several common traits emerged that provide a blueprint for happy and healthy aging.

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## **1: They Have a Sense of Optimism.**

It wasn't difficult getting *The New 65* to smile. Like every one of every age, they all have challenges, but they remain optimistic. They find joy in life's simple pleasures and look forward to the future.

## **2: They Say 'Yes!' to Life.**

*The New 65* are open to new experiences. They resist the urge to withdraw, embrace new challenges, and defy the limitations that are often associated with aging. Saying 'yes' and stepping out of their comfort zone exposes them to people, places, and opportunities they never imagined.

## **3: They Keep Moving.**

You don't have to be a competitive athlete or a fitness fanatic to enjoy growing older, but keeping your body and your mind moving in some fashion is important. Walking, gardening, reading, and going to classes at their Humana Neighborhood Center are part of many of their daily lives.

## **4: They Enjoy Socializing.**

*The New 65* all have an active social life. Whether it's family, a spouse, or people they meet and spend time with at The Humana Neighborhood Center, they all thrive on personal connection.

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## **5: They Adapt to Adversity.**

*The New 65* are not immune to the many challenges that can be a natural part of aging. But they don't give up and they don't lose their passion for living. They're resilient. They adapt and move on, finding a way around whatever obstacles they encounter.

## **6: They Have Purpose.**

*The New 65* are powered by purpose. Without exception, they have a desire to give back. Their purpose doesn't have to be something grandiose. It only needs to be something meaningful to them. It can be work or a hobby, or simply sharing a positive attitude with others.

## **7: They Remain Curious and Never Stop Learning.**

*The New 65* demonstrate that age is no barrier to personal development. They remain curious and passionate about learning and sharing their knowledge. *The New 65* embody the ideal of the wise elder.

THE  
NEW **65**

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