

e-Thoughts — Going, growing and amazing... at every age

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Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

What keeps us young? Experts say it's everything from genes (choose your parents wisely!) to healthy eating, exercise, loving relationships, and a "can do" mentality. People are living longer and staying more active and involved in life.

Consider these inspiring people who didn't let age (or anything else) stop them:

- In 2011, Rose and Forrest Lunsway, tied the knot at ages 90 and 100. They met at a senior center dance. They'd hiked the coast of California, went kayaking in Alaska and danced several nights every week during their courtship.¹ After 30 years together, they were newlyweds at last!
- At age 78, Dale Davis, bowled a perfect game – achieving a score of 300. On top of being a senior, he was legally blind at the time.²
- At 86, Katherine Pelton swam the 200-meter butterfly in 3 minutes, 1.14 seconds, beating the current men's world record for that age group by over 20 seconds.³
- In 1991, at the age of 92, Paul Spangler completed his 14th marathon.³
- Teiichi Igarashi climbed Mount Fuji at age 100. That's 12,385 feet — over 2 miles high!⁴

- In 2014, Frank Schearer was the oldest active water skier in the world at age 101.⁵
- Dr. Otto Thaning became the oldest person to swim the 21 mile wide English Channel in 2014 at age 73 (taking the title away from a 71-year old). Thaning said he did it to show what older people can do if they take care of themselves.⁵
- "Grandma Moses" (Anna Moses) — a farmer who never attended school beyond a few elementary grades — began her painting career at the age of 72. She continued to paint, have major exhibitions, write books and enjoy fame until her death at 101.⁶

So... keep going and growing? Sign me up!

¹www.today.com

²www.silvercross.com

³www.businessinsider.com

⁴www.google.com

⁵www.adlercentenarians.org

⁶www.gseart.com