

"Have something to look forward to. *There is always something you can look forward to.* When you need support, look to your family." ~ Charlotte, 92

"Sometimes you're going through something that isn't funny, but one day you look back and it's funny. Just proves that life has moments that seem impossible, but somehow you get through. My advice: Don't judge other people's way of life. What's normal to you is far from normal to someone else.

Take time for Sunday Church. *There's a time to goof around and a time to take things serious.*

*Learn the difference.* I'm 90 years old. Don't believe it? Age is just a number." ~ Maggie.

I've been through tough times, sure. But let's not talk about that. I have a son and three daughters who have been such a blessing to me. Just be a joy to others.

***Be a ray of sunshine***

when someone else needs it most. And don't leave things on the floor. Someone, maybe you, could slip and fall on it." ~Joanne, 90

"Think before you speak." ~ Lou, 96

***"Be aware of the power of influence.***

You can be an influence to others and others can influence you. *Choose your friends wisely.* Other people make their impression of you by how you take care of yourself. Take care of your body. You only get one chance to take care of your teeth. *Be appreciative.* Thank your parents. Have a 'go-to' person to help you. Friendships are important. Follow through on what you say." ~ Ann, 86

"Don't wait until you're older to take that trip. Do it while you're young and healthy! Don't put off your dreams. Focus on what you want to do with your life and *make good choices.* Everyone can help each other. We used to entertain ourselves at picnics. Everyone brought something to share. The Great Depression – people got together after church, talked, supported each other.

**Don't give up.**" ~ Pete, 88 & Lynn, 89  
(married over 60 years)

"Accept the good and realize there will be bad, but focus on the good. Family gets you through the bad. Hope for the best." ~ Edith, 98

"Don't let someone else tell you how to live your life, BUT always show respect!" ~ Evelyn, 79

*"Pay attention to the people in your life. They mean the most."*  
~ Bob, 101

"You're never too old to be kidding around. I love country western dancing. Find something you love. Be able to laugh." ~ Tom, 77

"This too shall pass. Don't focus on negative things. There are lots of good memories. The good outweigh the bad."  
~ Dolores, 89

"God did not intend for us to be alone. Celebrate with friends and family. *Enjoy it, All of it! Enjoy life.*" ~ Shirley, 91



Sharing  
our  
Wisdom

# Words of Wisdom Bradford Ecumenical Home, Inc. Seniors-to-Seniors Bradford Area High School Class of 2020.



Bradford  
ECUMENICAL HOME, INC.

"You have your whole life ahead of you. Don't dwell on this little season that seems hard." ~ Helen, 83

"Take one day at a time & don't overdo. Pray to God, it helps a lot. When you feel stressed or overwhelmed, **trust in God, He's always there.**" ~ Dorothy, 75

**"Be patient.** I wish I would've been more patient. You get a chance to try a lot of things in life; experience life to the fullest. Make the most of the opportunities life gives you. I've failed a lot of times. **Learn to forgive ... yourself as well as others.**" ~ Betty, 85

"Always remember: no one is right all the time and no one is wrong all the time. You have to be willing to give up something sometimes. That's what makes a relationship work. I was married for 63 years. I had a good marriage. I have kids who help me, and you have to remember God is in control. Always." ~ Albert, 90

*"Laugh a lot. And just get through it. Then one day, you can laugh about."*  
~ Theresa, 95

**"Laugh a lot.** Listen to your parents. They know a thing or two. Don't go to parties all the time. **Work hard.**

***Be glad for what you have.***

~ Florence, 84

"Sometimes you wake up and think, 'I have to make it through this day.' But you just make it. Try not to get discouraged. *Think of all the blessings.* I'm 94 years old. I don't feel old. I just focus on what comes next. I enjoy quality time, playing Pictionary, having fun with my granddaughters. I **enjoy little moments.** My advice is – **set goals.** Work at it. *Learn to be comfortable with what's not easy.* Keep faith. That's really important. Don't worry. Things will get better."

~ Gloria, 94

"I always loved hunting and fishing. My favorite memories are with family. We worked a farm and had chores. But when we were done with chores, we enjoyed going to the lake. I always looked for opportunities to teach my kids through real-life experiences. *Enjoy the time together.* Love. That's what makes a life. Don't get discouraged. Keep working hard. Help people. Focus on the good." ~ Chuck, 81

"Always work hard. I was married over 30 years to a woman who was beautiful inside and out. Find someone who is beautiful on the inside." ~ Tony, 77

*Work  
Hard  
Stay  
Humble*

"Don't give up on your ambitions. Work hard. *Don't focus on bad, instead focus on the good.* There's always good to find. Respect your grandparents." ~ Judi, 79

**"Help others.**

The best thing I ever did was help my dad when he was ill. You'll never regret helping people. My parents helped me through the hard times. It's not always about what you want, but do something helpful. Do something beneficial."

~ Jean, 89

*"Enjoy life! Enjoy the time you are in at the moment.* Don't say, 'I can't wait until ...' Before you get married, be sure that person is the right one. Have faith in God. Never stop learning. Work hard. So something you like. Be a good role model." ~ Dee, 87

**"Be kind to everyone.**

Do the things you enjoy - even if you're not good at it. If it brings you happiness ... I liked bowling. Wasn't very good at it, but I did it. My husband of 50 years was a cheerful man who worked hard. Pay attention. That's my advice."



~ Betty,  
87

"Have faith in God. Praise God for good health." ~ Sandy, 81

"I couldn't tell you what I was going to do with my life when I was in high school, but it turned out great. Go to church. **Treat people with kindness.** That's what matters. And ... **ice cream. Ice cream helps** on good days and bad days." ~ Jeanette, 93

Whatever happens, you have to just keep going and make the best of the situation. Look forward to the next family get-together and the next hug. **Be nice to people.** Treat people the way you want to be treated. Make someone feel good about them self. Realize there is a consequence to your actions; hope the consequence makes something good happen."

~ Lois, 92

"Don't live in one another's pockets. **Stay out of trouble.** Don't smoke or drink. *Don't follow the wrong crowd.* Don't overshadow other people. Have great friends. It's ok if you have times when you need friends and family. Rely on those people; It's ok. **Be fair. Be truthful. Be honest.**" ~ Jane, 102