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EMPOWERMENT



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**March 29th 2012: Lessons for Living from the  
Wisest Americans**

We hear a lot of complaints about senior citizens and many of them involve the word "slow" They drive too slow, the eat too slow, they walk too slow – they're just TOO slow. They eat early to get in on discounts and they leave small tips. They aren't "with it." They don't get involved with the latest gadgets, language, and fads. Some are hard of hearing others are smart enough to pretend not to hear. There are a lot of misconceptions about aging and what the elderly are like. Dr. Karl Pillemer, an internationally renowned gerontologist, considers many senior citizens the "wisest Americans" and

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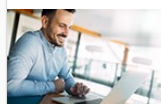
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