– Seniors and Government Programs –

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Focus 90% of your time on solutions and only 10% of your time on problems.

Anthony J. D’Angelo
“Do not go where the path may lead. Instead go where there is no path and leave a trail.”
What is one to say about June, the time of perfect young summer, the fulfillment of the promise of the earlier months, and with as yet no sign to remind one that its fresh young beauty will ever fade. ~Gertrude Jekyll
“It is not time which needs to be managed; it is ourselves.”

Gillian Butler, Ph.D. and Tony Hope, M.D.
“Slow your pace…and open your senses to the world around you. Notice the vivid beauty of color -- the brand-new-green of spring leaves, the shimmering gold of a misty morning. Become the color you see.”

Christine Adams
Follow effective action with quiet reflection.

From the quiet reflection will come even more effective action.
“Be grateful for the journey of life, with all of its twists and turns, detours and diversions. We often learn much more from the rocky road than from the smooth path.”

Christine Adams
“Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.”
“You can complain because roses have thorns or you can rejoice because thorns have roses.”
“No matter what your heartache may be, laughing helps you forget it for a few seconds.”

Red Skelton
Let your life lightly dance on the edges of time like dew on the tip of a leaf. Tagore
Life is like the ocean. In order to survive, you must learn to ride the waves.

Tonia Knouse
Tell me and I will forget; show me and I will remember; involve me and I will understand.

- unknown
To reach a port we must sail, sometimes with the wind and sometimes against it. But we must not drift or lie at anchor.

- Oliver Wendell Holmes
“Laughter is the shortest distance between two people.”
There is only one rule to become a good talker, learn how to listen. - unknown
Instruction does much, but encouragement does everything.
A smooth sea never made a skilled mariner.
Well done is better than well said.
Integrity has no need of rules.
It requires less character to discover the faults of others than it does to tolerate them.
“You can’t turn back the clock, but you can wind it up again.”

Bonnie Prudden
“Things which matter most must never be at the mercy of the things that matter least.”

Johann Wolfgang von Goethe
Adopt the pace of nature: her secret is patience.
“If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.”

Anne Dudley Bradstreet
Mark your calendar for fall.
Thursday, November 10, 2011
Willis Conference Center

TIME OUT Workshop
A Professional Growth Opportunity for Those Serving the Elderly and Disabled