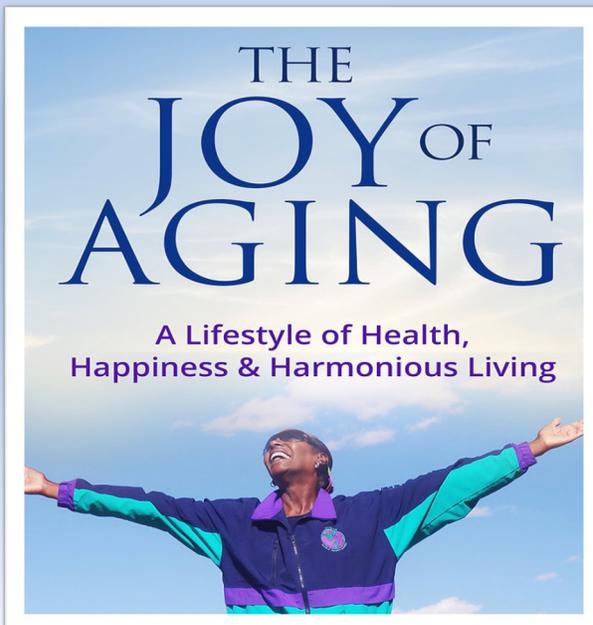


Let's  
**change**  
how we  
think  
about  
**aging ...**



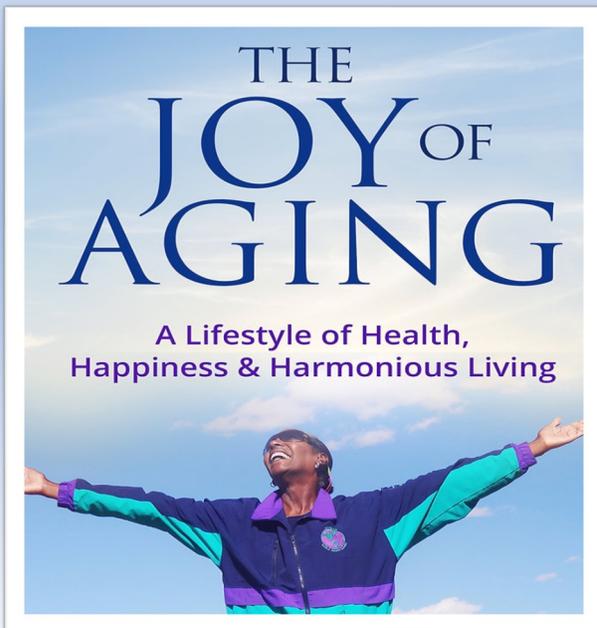
1



"I am **SEASONED**  
and **SAVORING** in the  
**Spices of Life!**"

CAROLYN L. HARTFIELD

2



Living Life in  
**AWE!**

**A**ging  
**W**ell  
**E**lders!

3

**First, let's *change* the way  
we think about *aging* ...**

***4 Stages of Aging:***

- ❖ Childhood
- ❖ Adolescence
- ❖ Adulthood
- ❖ **Elderhood**

4



**A**ging  
**W**ell  
**E**lder!

**80+-year-old!**

5



**A**ging  
**W**ell  
**E**lder!

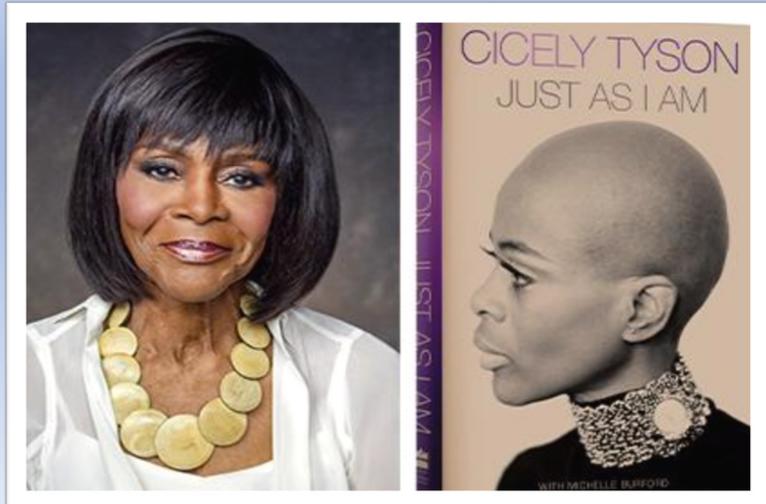
**80+-year-old!**

6

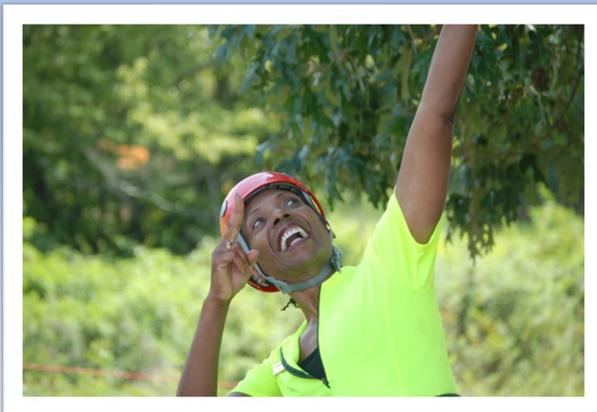


***“Just as I Am*** is my truth. It is me, plain and unvarnished, with the glitter and garland set aside.”

**Worked into her 90s**



9



**The most exciting thing to **discover** ... is who **you** really are!**

10

## Maya Angelou

“If you don’t like something, change it. **If you can’t change it, change your attitude.**”

Inspirational Quotes



11



**Try new things...**  
Paths to  
**Self Discovery!**

12

## Betty Reid Soskin

File Clerk during  
World War II  
Celebrated 100th  
birthday September  
2021

Retired as National  
Park Service Ranger  
March 2022



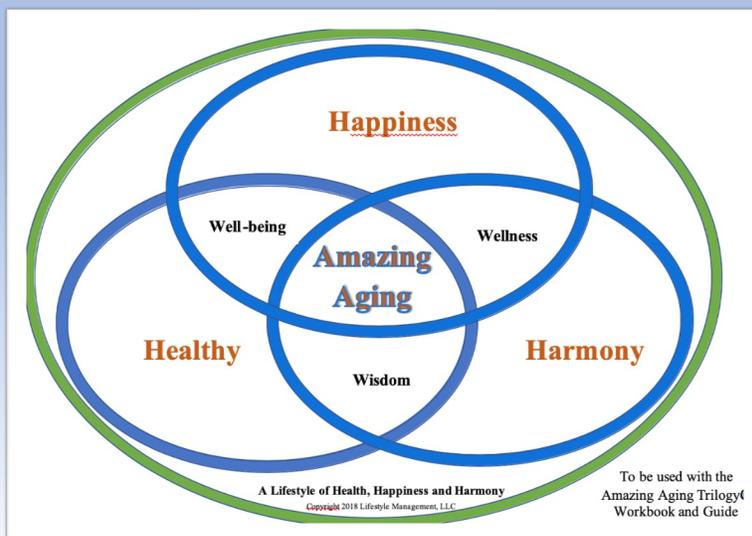
13



The most  
*spectacular view*  
you will ever have  
...  
The view into your  
*Inner Soul!*

14

# Amazing Aging Trilogy



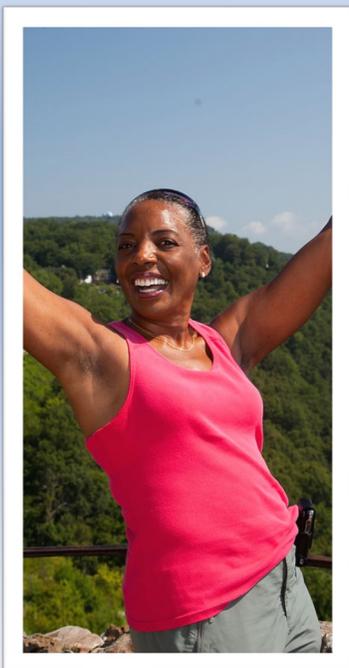
15



Let's *improve*  
our food  
*choices...*

*Health*

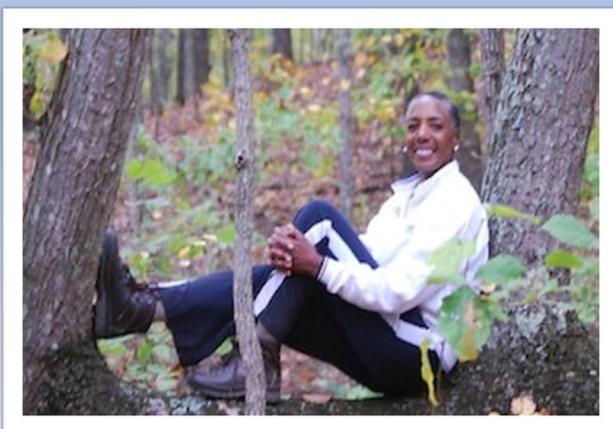
16



**Let's spread  
joy & express  
gratefulness...**

**Happiness**

17



**Let's create a  
personal space  
of peace ...**

**Harmonious  
Living**

18



**Wonderful  
Outings** *in the*  
**Wilderness!**

***Having Fun!***

19



**Wonderful  
Outings** *in the*  
**Wilderness!**

***Having Fun!***

20



# OPALs

**Older People  
w/Active  
Lifestyles!**

21



# OPALs

**Older People  
w/Active  
Lifestyles!**

22



# OPALs

*Service Projects!*

23



# OPALs

*Service Projects!*

24



# **OPALs**

***Service Projects!***

25



# **OPALs**

***Intergenerational!***

26



# OPALs

**Intergenerational!**

27



# OPALs

**Overcoming Fears!**

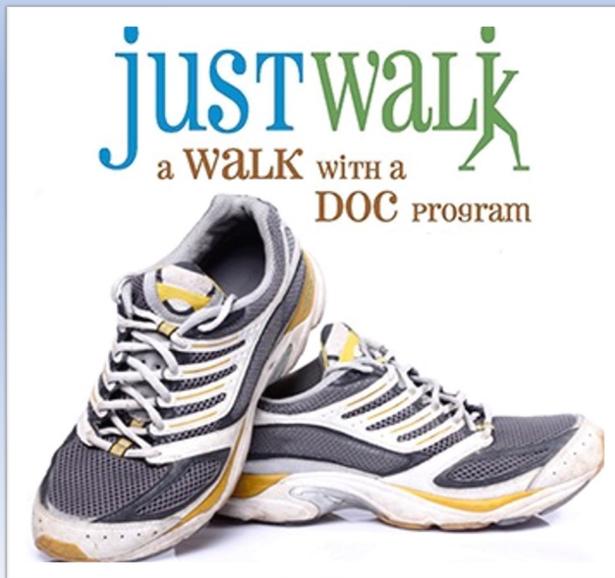
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# OPALs

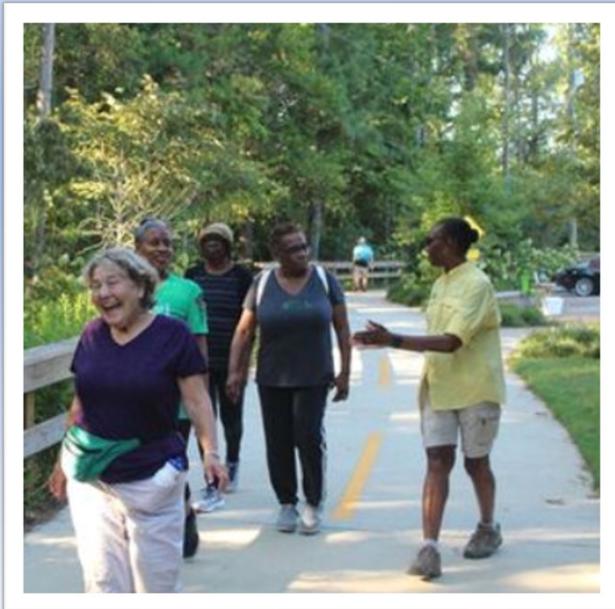
Overcoming  
Fears!

29



Walking  
Outdoors *for*  
Wellness!

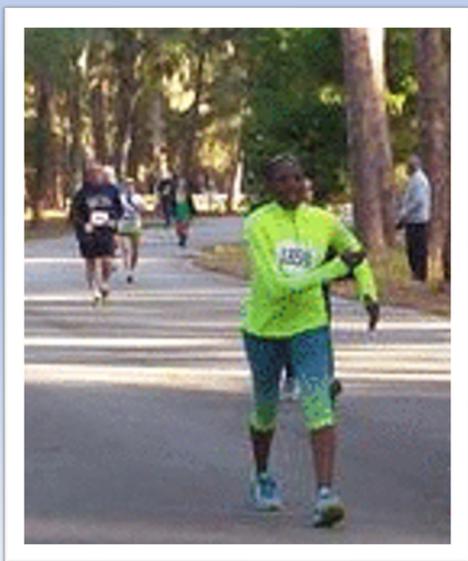
30



**W**alking  
**O**utdoors *for*  
**W**ellness!

***Socializing!***

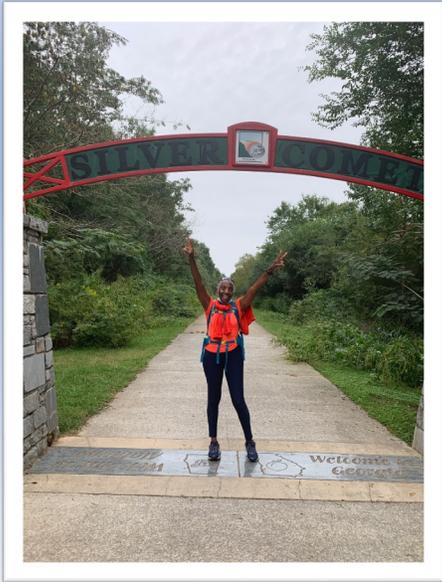
31



**W**alking  
**O**utdoors *for*  
**W**ellness!

***Senior Olympics!***

32



**W**alking  
**O**utdoors *for*  
**W**ellness!

**Personal Challenges**  
**61.5 Miles!**

33



**A**ging  
**W**ell  
**E**xperiences!

**New Challenges!**

34



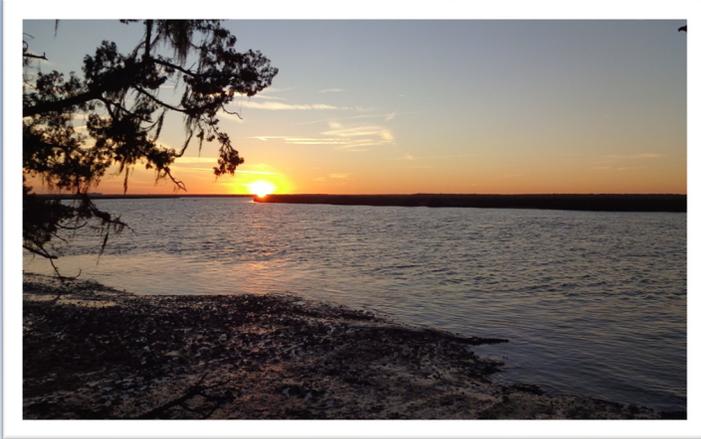
**A**ging  
**W**ell  
**E**xperiences!  
*New Challenges!*

35



**A**ging  
**W**ell  
**E**xperiences!  
*Overcoming Fears!*

36



**Looking Back ...  
Moving Forward!**

**It's a NEW DAY!**

37



**Explore the  
Possibilities!**

**JOIN US!**

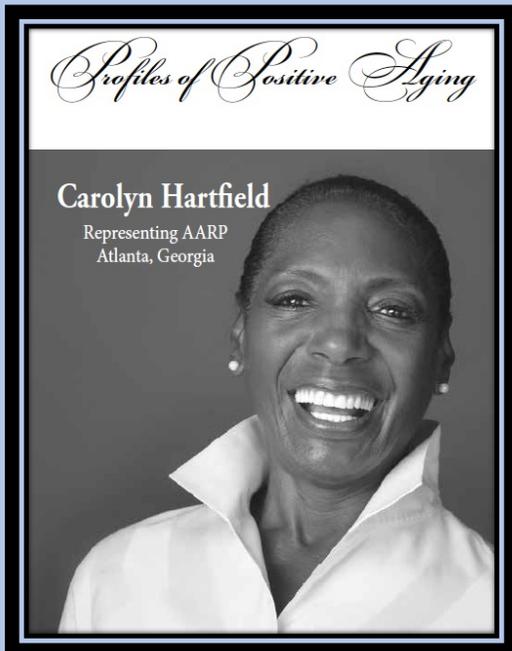
38



**Live Life to  
the Fullest!**

**JOIN US!**

39



**“SAVOR in the  
SPICES OF LIFE!”**

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40