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# The Lives and Lessons of Nova Scotian Nonagerians and Centenarians

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# The Lives and Lessons of Nova Scotian Nonagerians and Centenarians

*Susie Shepardson, Ayaka Hasegawa, Chris Cushman, and Maryann Adesoba*



"I go up (the stairs) a hundred times a day because my glasses are up if I'm down and vice versa you know. You're always going up and down but that keeps you going that keeps you active." - Joy

## ROUTINE

"Word games and I do a puzzle everyday. My neighbors give me the paper. I don't take the paper, and everyday they bring the paper over and I read it and do the puzzle." - Hazel

"Live your life good. And that's all I can say is live your life good. And be happy. If you're sad, cry, 'cause I do it...lately, I've cried a lot. They don't know about. It sort of eases - the tears must do that. Oh well. Then I think of all the good times, you know you can think about all the good times." - Elsie

## HAPPINESS

"I'm just a happy person I think. I mean I'm lucky. I have that personality. Nothing bothers me really. I don't get cross really. I mean, I'm, I'm just fortunate. My mother was a very happy person." - Hazel

"When my husband passed away back in 1989 ... I got awake one morning and there was a lovely snowfall and I said to myself, 'It is 6 o'clock' ... 'I'm getting up. I'm going to go for a walk.' ... I'd watch the flakes and I'd stick my tongue out to see if I could catch a snowflake." - Natalie

## COPING

"I'm not scared of dying, I'm not, I'm not afraid of dying because if you gotta go you gotta go." -Phyllis

"There's always a request somewhere here or there which keeps us helping ...That would've been within my church. And within the hospital. And different places like that." - Lilian

## PURPOSE

"I've always done volunteer work. Always. You got to keep not thinking of yourself, but, if you do things for others there's always someone worse off than you, and you can help them you know,..." - Joy

"I have a faith ... I went to Sunday school and uh we had Christmas concerts, we had Easter concerts, and we had a lot of always had them them concerts and things, and it was a lot of fun to sing or recite or play the piano or whatever you could do." - Natalie

## RELIGION

"I had 8 children... my daughter, and she has 5 grandchildren, so there's five great grandchildren, 2 new babies." - Joy

"I lost my husband far too young he was 65. And, uh, so that uh, that's the only bad part, you know. Otherwise, I have wonderful children, and they're uh they're good to me." - Joy

## RELATIONSHIPS

"When he came home, he, we'd always go for a walk, and I'd take my doll and and the carriage and go for a walk with him. And uh I was 6 years old I remember. - Natalie (on her relationship with her father, a sea captain)"

### Advice Column

"Never give up. Just keep on going" - Lilian

"Don't get into debt. Don't buy what you don't need. And don't hoard. You see I don't hoard... Work hard to your jobs yeah. Don't be silly in your love lives." - Hazel

"Live your life good. And that's all I can say is live your life good. And be happy. If you're sad, cry ... Be happy and live your life... Live the next person like you would like them to live with you. Together. Be the same" - Elsie

"I don't know, just be good." - Phyllis

### A Trio of Cultures



"After taking an excursion to Cuba, I returned with insights into the way culture affects longevity. Cuba, a country with much fewer means than Canada and the U.S, is able to boast longevity superior to that of the U.S thanks to its citizens' dieting, lifestyle, family structure, and healthcare." - Chris

