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# The Lives and Lessons of Richmond Nonagerians and Centenarians

Jieyi Ding  
*University of Richmond*

Grace Holzer  
*University of Richmond*

Caitlin Livesey  
*University of Richmond*

Haley Neuenfeldt  
*University of Richmond*

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# The Lives and Lessons of Richmond Nonagerians and Centenarians



Jieyi Ding, Grace Holzer, Caitlin Livesey, Haley Neuenfeldt  
University of Richmond, VA 23173

## ADVICE COLUMN

Laugh a lot. It's good to laugh. It makes you feel good. -Florence, 92

You just gotta keep trying and keep looking forward to what's going to happen to you. -Helen, 94

I think you always try to love the people around you, ya know, your family always comes first, your mother, brother, sister, father, and a feeling of love for people. -Alma, 91

Advice? Study, study, study. -Emilie, 92

Think about your future, what you want to do as far as your work and have something that you really want to do, you love to do it. -Ersie

We always try to eat healthy. Limit sweets and the junk. -Florence, 93

I do, my, have a little, one of those little glasses of wine every evening. -Dottie, 91

And I hope and pray that when you all decide what you're going to do for life, put your everything you have into it. Then it'll just amount to something. -Margaret, 95



## ROUTINE

Sometimes I get awake early, 6:30. And I don't go down for breakfast. Breakfast is from 8 til 9. So I'd rather have my cereal and jelly bread things here, you know? Then I might read by books or watch TV. My daughter always says, 'She reads, eats, and sleeps. -Alma, 91

## HAPPINESS

It's life and your faith and finding happiness, you know? You can't have anger or agitation or anything like that, that can't be in your life. You be angry at him and you be angry at her. What kind of life is that? There's no happiness. The happiness is what we make it and how we deal about it, people. -Alma, 91

## COPING

I don't know. It gets lonely if you stay here all the time. It's good if you get out, you know? -Emilie, 92

It's just hard when you lose someone you really loved but you just say in your prayers and you keep 'em. -Helen, 94

## RELIGION

I loved going to church. I loved working in the church. It's been a real blessing to me. The Lord's been good to me and my family. And uh it's uh one of the things you can always go to the Lord and he'll always listen. -Margaret, 95

The good lord, I don't know I think about it sometimes and I think how blessed I am that I still can see and hear and have a good mind. -Helen, 94, on the reason for her longevity

## PURPOSE

I still like to read and that's one of the things that helps me to be satisfied and you can see here I things here to read and you can see I got my paper I read every day. -Margaret, 95

## RELATIONSHIPS

People always came, get together for the holidays. Even after they moved away, they all came you know. -Emilie, 92

There's nothing any sweeter and more loved and everything than your family. - Margaret, 95

