

The elderly are more than just our grandpas and grandmas, they are a great source of knowledge and wisdom, able to share what they have learned. Sometimes, though, they may need our help, especially as their minds and bodies start to age. If you were elderly, wouldn't you want a Superhero to help you out when things got tough?

## Fun Facts about the Elderly!

- The percentage of people in the world over 60 will grow from 12 to 22% between 2015-2050.
- People age differently. Some 80-year-olds have similar abilities to 20-year-olds.
- Enjoyable work and close family and friend connections later in life can lead to a longer and healthier life overall.







Knowledge speaks, but wisdom listens. — Jimi Hendrix Memory is the mother of all wisdom. — Aeschylus



## What is a lesson you learned from an elderly person?