

8th Annual

Gold Standard *of* Optimal Aging

An Optimal Aging Month Signature Event

2019 Award Luncheon

September 6, 2019 | 11:30 a.m. - 1:30 p.m.

Crowne Plaza Hotel, Louisville, KY



Congratulations 2019 Honorees!

The Gold Standard of Optimal Aging celebrates older adults who lead engaged and flourishing lives. This special honor recognizes individuals who are 85 years or older and who are outstanding models of optimal aging. We are excited to introduce this year's impressive cohort of honorees. Congratulations to all!

The Gold Standard of Optimal Aging Recognition Luncheon is an Optimal Aging Month Signature Event and supports the University of Louisville Trager Institute's efforts to create an age-inclusive culture in our community.

2019 Honorees

Walter Badenhausen, MD – 7	Bill Greenwell – 18	Helen Schmitt – 28
Barbara Bard – 7	Katharine Griswold – 18	Georgetta Smith – 29
Kathleen Barker – 8	Anita Hinkle – 19	Wanda Smith – 29
Jim & Olga Booher – 8	Billy Keith – 19	Betty Smith – 30
Arthur Boone – 9	Mildred Killmeier – 20	Charles Smith – 30
Ron Britain – 9	Mildred Lee – 20	Peg Snyder – 31
Robert Bruckert – 10	Margaret Lori – 21	Lewis Sorenson – 31
Tom Burch – 10	Francis Lori – 21	Mary Stultz – 32
Davalene Burch – 11	Robert Maupin, Sr. – 21	Betty Thompson – 32
Marie Clark – 11	Barbara McKay – 22	Jim Thornton – 33
Helen Clark – 12	Bonnie Metcalf – 22	Mary Thornton – 33
Marjorie Cox – 12	Thomas Mituzo – 23	Viola Tillman – 34
Charles Crenshaw – 13	Oswaldo Molestina – 23	Stuart Urbach, MD – 34
Martha Dawson – 13	John Moore – 24	Patricia Walker – 35
Guy Dorsey – 14	Jeanne Mueller – 24	Rebecca Wathen – 35
Carolyn Downs – 14	David & Carolyn Neustadt – 25	Morris Weiss, MD – 36
James Duggins – 15	Therese Nyambuyeyi – 25	William (Bill) Weller – 36
John Eckert – 15	Norman O'Grady – 26	Rose Ann Williams – 37
Ursula Eckstein – 16	Margaret Reed – 26	Irene Winner – 37
Paula Fargen – 16	Georgia Reis – 27	Jack Wright, MD – 38
John Fuchs – 17	Jean Sandman – 27	Bette Zeller – 38
Easter "Faye" Grant – 17	Marian Sanford – 28	Joan Zink – 39

Nominee biography provided on page number found after each name

Walter Badenhause, MD

AGE: 90

Dr. Walter Badenhause is 90 years old and is the team physician for the Louisville Bats Baseball team. He goes to Arizona each spring with the team to do their annual exams. Dr. B is the team doctor for the Bellarmine Men's and Women's basketball team and the University of Louisville tennis soccer teams. Dr. B also sees his old patients on special appointments. He attends the special needs clinic at the Worthington Parkway clinic and for the last 50 years has run the "kids center" for cerebral palsy children. Dr. B plays tennis regularly and uses the treadmill. He works in his greenhouse and cares for his ailing wife.

Barbara Bard

AGE: 89

As I age, I dare to...

**keep singing and
to bring musical
delights to others!"**

For over 15 years, Barbara Bard has used her musical talent especially through her voice in singing with a group of other seniors called the Silver Notes. Most recently, they were at the Kentucky State Fair for "Senior Day" singing a wide range of tunes to a large audience crowd. Even at the age of 90, she was not about to slow down or quit doing what she loves doing. She practices with them weekly and at least once a month visits an assisted living, retirement home, senior center, school(s), faith-based organizations, and more in singing songs and engaging those to participate with them in sing-along melodies. She is one to truly admire and respect in many ways.

Kathleen Barker

AGE: 85

As I age, I dare to...

not allow isolated and handicapped persons to feel left out in our community!”

Kathleen Barker’s dedication to helping others stands out among everything else. She makes every effort to help two different organizations get nutritious meals to homebound seniors and offer them some socialization every week. In addition to that, she reads books, newspapers, magazines and more on live radio to those who are blind or visual issues so that they can hear these important literary items. She has been doing this for over 2 decades and remains committed to making society be a better place for all!

Jim & Olga Booher

AGE: 95 & 85, resp.

As I age, I dare to...

pray daily, have my dwelling in good repair, and to not worry.”

survive, live independently, remain in good health, and to be grateful.”

Jim and Olga Booher have been married for 60 years. They met when Jim was flying overseas for work and Olga was his flight attendant. They owned and operated Booher Chevrolet for many years and retired from the car dealership. Currently, Olga serves on the UofL Board of Overseers and Jim works for Magnolia Springs and Dynamic Healthcare.

Arthur Boone

AGE: 91

Mr. Arthur (Art) Boone was nominated for this award without any reservations. Mr. Boone is a humble 91-year young man of God. He is a pillar at the Episcopal Church Home and remains active in the community despite limitations. He continues to participate in the community activities, engage his fellow neighbors and even the staff. He was previously very active in his church sharing the gospel with others. Mr. Boone believes in the good of all people!

Ron Britain

AGE: 85

Starting his career on a teen radio show called “High Varieties” at the age of 14 in Louisville, Ron went on to become one of the most popular disc jockeys of the 20th century. Ron is a true “anglophile” who loves everything British so much he changed his name from Ron Magel to Ron Britain. Ron was the first disc jockey to introduce Jimmy Hendrix to the American audience and supported the careers of Frank Zappa, Van Morrison, Janice Joplin and more. Ron was asked by Mick Jagger of the Rolling Stones to borrow his car, a classic Jaguar. As his career winded down Ron returned to Louisville with his wife Peach where he houses and cares for his “anglophile” collection and enjoys his wife and the comforts of his home town.

Robert Bruckert

AGE: 86



As I age, I dare to...

never forget about my fellow Veterans and the service they have done for others!

It's hard not to admire and respect the nearly 2 decades that Robert Bruckert has dedicated to volunteerism. As a Veteran himself, he has decided to give back his time in helping other Veterans at the Robley Rex Veterans Affairs Medical Center. Each week, he gives 3 to 4 hours as an "Escort Service" Volunteer assisting with transporting patients to and from the various hospital rooms, the cafeteria/canteen/snack shop, front entrance or drop off/pick up areas. Besides helping to transfer patients in wheelchairs, he also provides socialization and companionship to the patient. The way he connects and shows empathy towards them is a lesson we all can learn.

Tom Burch

AGE: 87



As I age, I dare to...

continue to serve the people of Kentucky, which is the greatest honor a person can receive, as people place their trust in the person they elect.

Tom Burch has devoted his life to the service of others. He has stood up and helped create a better community for the children of Kentucky and is dedicated to providing them with the tools for the best future they can have. He supports St. Vincent DePaul Society and donates many hams and turkeys each year to help others have a better holiday season. He has been a devoted brother to his siblings and made it a point to visit and attend to their needs. He has been a devoted father and grandfather helping his children, grandchildren, and great-grandchildren along the way. He has instilled in them compassion for those who are less fortunate in our society and the importance of caring for those in need.

Davalene Burch

AGE: 89



As I age, I dare to...

accept help and be happy!

Davalene Burch has faced and conquered many adversities in her life. She always maintains a positive attitude and outlook on life. Mrs. Burch taught elementary school while raising her five children and completing her Bachelor's and Master's degrees. She taught elementary school for 28 years. She made a difference in the lives of her students and community. She has been an active member of Alpha Delta Kappa International Teachers Sorority for 40 years. She is an avid reader and lifelong learner. Mrs. Burch stays connected with family and friends with technology. She enjoys playing bridge and attending weekly wellness classes. Mrs. Burch always has a listening ear, a kind smile, and a warm heart to help others.

Marie Clark

AGE: 91



As I age, I dare to...

walk unassisted by my cane without fear of falling!

Marie Clark makes Amy Z's Pub's Ghirardelli dipped, Maker's Mark Bourbon balls; one of the Amy Z's most popular items. She also cleans the pub's bar towels and keeps the plants thriving on the patio. The pub patrons love her! Occasionally she can be seen beating the guys at ping pong. She knits "Sensory Mitts" for Calvin Presbyterian Church. These mittens are delivered to Alzheimer's patients in the Kentucky area. In addition to singing in the church choir, she also sings for the "Joyous Singers". They perform at various venues in the Louisville area. She is an absolute joy and love to be around!

Helen Clark

AGE: 87

Ms. Clark worked as a laborer for the American Tobacco Company for many years. She raised seven children and cares for her grandson, who has autism. She likes to say that they care for each other. Even with a few recent health concerns, she never complains. Helen Clark is always positive and a joy to be around. She lifts the spirits of anyone she encounters.

Marjorie Cox

AGE: 101


 **As I age, I dare to...**

**be optimistic about
the future!**

Marjorie Cox got on a train by herself at age 10 and left rural Kentucky for Washington DC to live with her aunt and go to school. At her rural home, the one-room school was only open when the weather was good enough to get there. In Washington, a good education was available year-round and Marjorie's aunt, a teacher, was determined that her niece would be educated. Marjorie continued through George Washington University and became a lifelong learner and took advantage of whatever opportunities came her way to broaden and enjoy the life she was given. She travels wherever and whenever the opportunity arises; she enjoys new people and new experiences and keeps up with what is going on around her.

Charles Crenshaw

AGE: 96



**As I age, I dare to...
never quit saying
“Hi, How are you?”
to anyone!**

Charles Crenshaw is one of the oldest and most active volunteers with the RSVP program. At the age of 96, he shows no signs of slowing down his volunteerism. He is known as the kind grandfather figure at Kentucky One Health Medical Center Southwest. Always checking in with hospital staff and patients, acknowledging all of them with a “Hello” and “How are you?”. He is never a stranger to anyone, kind and humble to all. He is a great example of what an active volunteer should be and someone who is living his life to the fullest!

Martha Dawson

AGE: 96

Dr. Martha Dawson was a physician for many years. When she retired in 1999, Martha became a communion minister volunteer at Jewish Hospital. Even though Martha uses a cane, is blind in one eye, and has severe scoliosis, Martha takes the bus and walks to Jewish Hospital and Frazier Rehab several times a week to provide support to patients. After a bad fall, she focused on physical therapy so she could get back to volunteering. She brings to her ministry a profound dedication for healing and a commitment to caring for every patient. Her ability to transcend any of her physical limitations inspire all of the patients, and staff, who encounter her and is a true testament to the indomitable power of Will and Spirit.

Guy Dorsey

AGE: 96



As I age, I dare to...

**never forget and
continue to love
my Berrytown
neighborhood now
and forever!**

Mr. Guy Dorsey never ceases to amaze with his abilities, enthusiasm and caring spirit towards others. Even at the age of 96, he is vibrant as ever and seeks to make a difference in other people's lives. He is one of the most active people at the Watson Powell Senior Center, described as a humble man with extraordinary resilience and strength. His smile has a lasting impact on anyone he meets. Mr. Dorsey has a very active garden and loves to share the bounty of his harvest with others at Watson Powell.

Carolyn Downs

AGE: 85



As I age, I dare to...

**keep making quilts
to bring warmth and
comfort to those
whom need it the
most!**

Carolyn Downs has sewn and stitched blankets, comforters, bedspreads, pillowcases and other items for a greater cause. Primarily these hand-crafted items go to abused and neglected children that are at the residential home or as gifts for those that are adopted by new families. These handmade quilts and blankets are also raffled off at the Annual Orphanage Picnic in early August of each year as a fundraiser for the organization as it generates funds for its programs and services. Carolyn Downs has been committed to this cause for nearly 20 years using her creative talents in bringing comfort and warmth to those in need.

James Duggins

AGE: 85



As I age, I dare to...

**keep doing what I
love by fixing and
repairing homes for
those in need!**

James Duggins is very active in the RSVP program and with “Project Warm”, an initiative that does home repair projects. Recently while working on a project, James observed a fellow volunteer struggling to cut glass for a damaged window. He instinctively stepped in to teach and guide the other volunteer through the process. Always a good mentor, his knowledge and patience leave a lasting impression on the people he meets.

John Eckert

AGE: 93



As I age, I dare to...

think!

John has volunteered countless hours to assist with political campaigns; by housing campaign workers, driving voters to the polls, and assisting with absentee ballots. He received the Shirley Nolot Service Award for his efforts. John is currently active in supporting Blessings in a Backpack, the Humane Society, and ASPCA. He was honored by Veterans of Foreign Wars, receiving the French Legion of Honor Medal. While in the Army he received a Purple Heart and the Bronze Star. John was a pioneer in radio broadcasting he got his start as a volunteer in High School with his classmate Dick Van Dyke. He went on to have the first call-in radio show in the nation. John is a kind man with a big heart and would help anyone.

Ursula Eckstein

AGE: 91



As I age, I dare to...

**keep volunteering
and helping others
even as I near the
century mark. I love
giving back!**

Ursula Eckstein is one of the most remarkable volunteers with the RSVP program. She is over 90 years old and is determined to give her time and love to two wonderful organizations, Hosparus Health and Riverside, the Farnsley-Moremen Landing. She helps them weekly and has been doing this for over 20 years resulting in over 3600 hours of service. She has been a widow for nearly 20 years and seeks socialization but also the calling to give back to others through volunteerism. She is a role model for so many and one that is truly respected in so many ways.

Paula Fargen

AGE: 91



As I age, I dare to...

**keep others saying
I cannot make
a difference in
helping others and
help make this a
better place for all!**

Paula Fargen impresses with both her diligence and charismatic engagement that she puts into her volunteerism at the Schuhmann Social Service Center. Even at the age of 91, she lets nothing slow her down. She is driven to make sure others are helped and that the Center is in top-notch shape. Paula Fargen has been called the “Godmother” at this volunteer site. She not only looks after the clients that come there but she insures the other volunteers are doing their part, always willing to pitch in and help them at any given time. She is an amazing and special volunteer in so many ways!

John Fuchs

AGE: 87



As I age, I dare to...

**keep doing what I
love and sharing my
gifts with others!**

John Fuchs has volunteered for a dozen organizations since retirement. He was well known with Catholic Charities helping refugees and immigrants in so many ways and now with his involvement with the Schuhmann Social Services Center. He always has a smile on his face and is determined to complete any job. And even though he is 87 years of age, he still keeps up with a routine and commitment to others. He is known as a nurturing and compassionate “grandfather” figure to others.

Easter “Faye” Grant

AGE: 85



As I age, I dare to...

**never allow hunger
to exist in our
community. I am
determined that
others are not
neglected!**

It is hard not to admire and appreciate the dedication of a “Meals on Wheels” volunteer such as Easter Grant, especially when she has done it weekly for over 18 years. The ability to give an hour or two each week to visit a vulnerable person in our society whom has no one else to check on them as well as to ensure they have a good healthy meal is a very special thing to do. Her continued dedication and commitment is awesome!

Bill Greenwell

AGE: 89



As I age, I dare to...

**stay active as long
as the Good Lord
allows me!**

Mr. Bill Greenwell remains active and on-the-go. In addition to managing his affairs, Mr. Greenwell remains a committed dad by driving his daughter to and from work. Mr. Greenwell says “it’s the Christian thing to do” by helping others and often assists with activities by transporting residents to and from various meeting spaces. Mr. Greenwell inspires anyone he meets through his positive spirit and continuous energy.

Katharine Griswold

AGE: 85



As I age, I dare to...

**say yes to new
adventures!**

After each round of treatment for colon cancer twenty years ago, Katharine Griswold planned trips and the following year found Katharine driving a 7,500-mile solo trip across the United States, climbing Machu Picchu, camping around Hawaii and visiting Egypt with a friend also convalescing from an illness. Her sense of adventure continues in her 86th year. Her maxim continues to hold, “Would I rather be right or happy?” “Happy, any day!”

Anita Hinkle

AGE: 90



As I age, I dare to...

**keep being the life
of the party!**

Anita Hinkle at the age of 90 still acts and behaves like a kid. Her peppy attitude and fun spirit make her the life of the party at Louisville Metro Senior Nutrition Watson Powell Center. She is one of the cheerleaders for this 20+ person center that not only gathers together a couple of times a week to eat and socialize but also does special community outreach projects such as “Skinny Books” and “Alabaster Box”. These two projects among many others do impact to those in need and help brighten up others lives for the better. Anita Hinkle has been doing this for nearly 30 years and seems to be not slowing down. Her enthusiasm is unmatched!

Billy Keith

AGE: 92



As I age, I dare to...

**continue to be
active as I am able
to be and to keep
up-to-date with
current events!**

Billy Keith has been a resident of Elmcroft Senior Living since May 21, 2015. His wife, Alberta, and he have been married 70 years and have enjoyed a full life. Billy is a faithful Christian, devoted husband, and proud father of seven children. His legacy includes 19 grandchildren & 44 great-grandchildren. He speaks with such love & devotion for his family. His pride shows through his smile. He visits his wife weekly at the local nursing home while he thrives at Elmcroft. At age 92, Billy continues to engage in the community at large as well.

Mildred Killmeier

AGE: 85



As I age, I dare to...

**keep socializing
and sewing with my
best of friends!**

The dedication and determination that Mildred Killmeier and the other St. Joes Sewing Society Members have for their vocation are palpable and something to aspire towards. The joy that Mildred has for her craft is palpable and it is easy to come to understand not only the concept of sewing and quilting but the comradery spirit that exists between these women and volunteers. Its the perfect socialization environment with a true focus to helping others.

Mildred Lee

AGE: 94



As I age, I dare to...

**continue working
and learn new
things!**

Amazing, caring, and humble are all words that describe this remarkable woman. Even at 94, Mildred Lee looks to the future with no thoughts of retirement. She listens to others whether it is their desires or difficulties. "If you want to have friends, be a friend," could easily be her motto. Humility is not an attribute many of us have these days. She happily works behind the scenes and allows others to shine. Her activities in these areas may not be grandiose but in each area, her love for others shines through. Her favorite scripture (Psalm 37:4, Delight yourself in the LORD, and he will give you the desires of your heart) shapes this wonderful woman's heart.

Francis & Margaret Lori

AGE: 97 & 100, resp.

Margaret and Francis will be celebrating their 73 wedding Anniversary. They live together at Diversicare of Providence. Before coming to live at Providence the Lori's provided communion in Southern Indiana for the local nursing homes and shut-ins.

Robert Maupin, Sr.

AGE: 90

As I age, I dare to...

**be more open and
honest with people
and to empathize
with them!**

Mr. Robert Maupin Sr. is a 90-year-old who was born and raised in Louisville, Ky. In high school, he was the valedictorian. He was the first African American to enter the Master's Physics Program at UofL and was also the first instructor/faculty member of color at that time. After graduation, he took an appointment with the Dept of the Army/ Defense Dept in Washington DC and the Bureau of Standards as a civilian scientist. Mr. Maupin has always loved nature. He became an avid wildlife photographer and became a volunteer for the Audubon Institute cataloging wildflowers. This love ultimately led him to produce his wildflower photography book. He is kind and courteous to all who meet him.

Barbara McKay

AGE: 87



As I age, I dare to...

ZIP LINE!

Barbara is a very giving and kind person, who likes to stay busy and active. She has been a true blessing to everyone in her Volunteer Program. She is active on the Auxiliary Board and is always willing to fill in and help whenever needed at a very busy Information Desk. She can always be counted on to help patients and staff and she is a delight to be around. Everyone is so thankful that she chooses to volunteer!

Bonnie Metcalf

AGE: 95



As I age, I dare to...

**continue to trust
God, to live a life
that honors Christ
and to help other
people any way I
can!**

Dr. Bonnie Metcalf is a teacher and teachers make the best lifelong learners. After teaching Materials and Methods of Education as well as supervising student teachers for many years, Dr. Metcalf became Vice President for Academic Affairs for California Baptist Institute in Riverside. Her faith leads her in her career and is the motivating force behind her selfless life today. She continues to grow in wisdom and knowledge. She continues to teach others as she has the opportunity. Because she is deeply loved, she dares to love others and to show it through service. She has a quiet confidence and inner peace.

Thomas Mituzo

AGE: 86



As I age, I dare to...

**become an
American Citizen!**

Thomas Mituzos's pleasant deposition and humble side are amazing considering what he has been through. He had spent nearly 85 years of his life in the Democratic Republic of Congo (DRC) but due to persecution by the government and other personal factors, became a refugee and fled his country with his daughter, son-in-law, and five grandchildren to the USA. He came to Louisville, KY with no more than one suitcase and had to start his life over. In just 9 months, he has been working diligently to improve his English as well as becoming more culturally aware of his new life and surroundings. As one of the oldest and most active participants at the KRM program, he has become a role model and leader.

Oswaldo Molestina

AGE: 90



As I age, I dare to...

**keep fighting and
live on!**

Oswaldo Molestina was born and raised in Ecuador where he met his wife, Alicia, whom he has been happily married to for 60 years. After they met, he decided to travel throughout South America and won the lottery in Venezuela which scored him a ticket to the USA. Once in New York, he began exchanging letters with Alicia ultimately asking for her hand in marriage. She joined him in New York in January 1959 and later moved back to Ecuador. His family, faith and adventurous spirit have allowed him to never let age limit him. In Ecuador, he became an entrepreneur and owned a pharmacy. He retired 20 years ago and moved back to the USA with his family where he continues to work 2 days a week restoring furniture.

John Moore

AGE: 86



As I age, I dare to...

**keep volunteering
and helping at
Baptist Hospital!**

John Moore can frequently be seen at annual Volunteer Recognition Events as well as Baptist Health Hospital. He quickly makes an impression on everyone he meets. His dedication and love of helping others at Baptist Health Hospital for nearly a dozen years prove he is a significant asset and piece to what they do there. The hospital and its patients are in great shape when John is volunteering and doing his part for them.

Jeanne Mueller

AGE: 92

What's the best way to develop a healthy perspective in old age? Spend more time with elderly people and discover what brings meaning and pleasure to their twilight years despite the losses they may have experienced. Despite having to uproot herself to move to another city to be closer to her family when her husband became ill, she manages to continue engaging in creative, social, physical, and religious outlets well into her golden years. Mrs. Mueller is a joy and enjoys meaningful conversations about aging. She has the state of mind that is positive, optimistic, courageous, and able to cope with life's changes.

David & Carolyn Neustadt

AGE: 94 & 84, resp.

As I age, I dare to...

**continue medicine
for as long as I am
able!**

Dr. David H. Neustadt and Carolyn Neustadt, are 94 and 84 respectively. They have been building Louisville since 1954, and continue with their project motivated by affection for one another and the “maturing city around them”, as Dr. Neustadt describes it and us. The key thing the Neustadts have individually and together is a kind of gentleness and grace in dealing with difficulties. The gentility and grace are most valued by friends to whom both he and Carolyn are the best teachers by example. Their gracefulness in aging, as in everything else before, is apparent. They are just consummate nice people and teachers by example in life skills, and career skills.

Therese Nyambuyeyi

AGE: 91

As I age, I dare to...

**keep learn English
so I can become an
American Citizen!**

Therese Nyambuyeyi’s pleasant disposition and humble side are amazing. She had spent almost 90 years of her life in the Democratic Republic of Congo (DRC) but due to persecution by the government and other personal factors fled to America with his son, Nicolas. She came to Louisville, KY with hopes to start over her life. As the oldest active participant at the KRM program, she has become a role model and leader. She is often referred to as the Matriarch at the program. She does not expect anything in return and is committed to doing the best she can so one day she is an American citizen.

Norman O'Grady

AGE: 94



As I age, I dare to...

to keep doing home repairs and energy conservation projects for those whom want to remain in their home!

Norman O'Grady can frequently be seen with other Project Warm volunteers doing outreach weatherization and conservation projects. He loves to teach how to do appropriate home energy repairs the right way. At the age of nearly 95, he continues to be active volunteering each week for 3 - 5 hours. He has done over 1300 volunteers hours through RSVP in the last 8 years. He continues to give back and hopes to continue doing this even when he reaches the age of 100!

Margaret Reed

AGE: 94



As I age, I dare to...

let my downtown community to be a food oasis to those whom are hungry!

Margaret Reed has been a volunteer with the Louisville Metro Retired Senior Volunteer Program (RSVP) since September 1992 as Food Sorter and Office Worker for Dare to Care at St. Augustine Church. Margaret helps out 2 to 3 days each week setting up for this food distribution and mobile pantry site in the West Broadway area of Downtown Louisville. She plays a vital role to make sure many socio-economical challenged individuals get food that they desperately need. There is not a lot of adequate grocery stores in this area of town and without her support and others, many of the participants would not get nutritious and healthy food. Her continued commitment at nearly 95 years of age is remarkable.


Georgia Reis

AGE: 103

Georgia Reis is an amazing 103-year-old. Health is very important to her, she continues to exercise daily. She plays bingo as often as she can. Georgia Reis enjoys going to the beauty shop and visiting with her friends at Providence. She enjoys visits from Friends and Family, She attends all family dinner nights. Georgia is a woman of faith and continues to attend church weekly at Diversicare of Providence.

Jean Sandman


AGE: 91

**As I age, I dare to...
grow and learn!**

Jean Sandman is an amazing person. Despite having several physical issues in the recent past, Jean is an active member of her independent living community and demonstrates initiative to stay independent and active in her daily activities. She continues to manage her health and financial issues consistently, she participates in physical, social and spiritual activities weekly, and continues to be strong support for her five children. Jean is motivated to follow recommendations for her physical health, including following exercise programs, choosing movement over stationary activities, and getting out into the community regularly. She is an inspiration to others and her peers are blessed to know her.

Marian Sanford

AGE: 99




**As I age, I dare to...
talk too much!!!**

Marian has lived a long, productive, and rewarding life. She believes that every day is a blessing and lives life to the fullest. She can be found at Episcopal Church Home encouraging others to be physically active. Marian is an avid walker; she walks often throughout the day, attends activities, mingles with her fellow neighbors, and enjoys time with her family. She is 99 years young and living her best life.

Helen Schmitt

AGE: 88



**As I age, I dare to...
keep doing what I
love. I have been
blessed in life and I
want to give back!**

Helen Schmitt at the age of 88 continues to be committed and dedicated to helping others. She has been knitting and making quilts and blankets for 28 1/2 years to bring comfort and joy to others. She has not slowed down and makes an effort to come every week to do this. Her giving spirit is apparent. When she and the other Sewing Society members come together, its a perfect example of socialization at its finest. It is hard not to admire someone like her and join them periodically in making quilts and blankets to help those who are so vulnerable in our society.

Georgetta Smith

AGE: 87



As I age, I dare to...

**not let a wheelchair
keep me from
volunteering and
helping others in
our community!**

Georgetta Smith is someone that stands out in so many ways. Whether its because she has been volunteering for 22 years, helped out 13 different organizations or that she is confined to a wheelchair but still finds a way to contribute to society. She is role model for so many whether she is a greeter (Airport Ambassador) at the Louisville International Airport, Blood Services Aide for the American Red Cross or even an usher/office aide for the Kentucky Center for Arts, she not only assists others but she is finding enjoyment in what she does and remains an active member in this Louisville community. She has produced over 4700 volunteer hours through RSVP for others!

Wanda Smith

AGE: 85



As I age, I dare to...

**to bring sunshine
to others especially
when they need it
the most!**

She never ceases to amaze with her warm and welcoming greetings when she is volunteering at Kentucky One Health Medical Center Southwest. She can brighten up any one's day and is one of the most helpful people someone could ever meet. She loves to do she is doing and it shows in so many ways. Even at 85 years of age and doing this consistently every week for 15 years, she wants to keep going and be there for others. She is someone to admire in many ways!

Betty Smith

AGE: 85



As I age, I dare to...

**keep on tap
dancing and not
give advice unless
asked for it!**

A native of Kentucky, Betty lived in Burlington, VT for 21 years, returning with her now late husband to Louisville in 2012. After his death in 2013, she became a Hospirus volunteer and ambassador, was ordained a Roman Catholic woman deacon, took up tap dancing, became a founding and sustaining member of the Louisville Compassionate Elder Counsel. She loves reconnecting with old friends and making new ones via Bridge club. She is an avid traveler, especially in Europe, with her daughter, Nancy, who lives in Italy. Betty is full of optimistic energy which she shares with others for the benefit of family, friends, church, and community.

Charles Smith

AGE: 103



As I age, I dare to...

continue my library!

Mr. Charles Smith remains active in his preferred exercise programs, working at least three days a week with Howard. At a blessed age of 103 years, Mr. Smith is tech-savvy. He can often be found working on his computer and watching DVD movies. As the facility's volunteer librarian, Mr. Smith designed an organized system for tracking and checking out library books as well as alphabetized books by the author. Mr. Charles Smith amazes everyone daily by his kind, gentle manner and determination to stay active.

Peg Snyder

AGE: 85



As I age, I dare to...

stay young!

Hosparus Health volunteer, Peg Snyder, has been providing compassionate companionship to hospice patients for 13 years. Peg was determined to volunteer after her husband was denied hospice care in Michigan in 1996. “As a result of this very hard time in our lives, I realized that support for patients and families is important”, says Peg. Relying on her experience, Peg became an advocate and a non-judgmental friend to her patients. Her weekly visits to patients at nursing homes is a meaningful practice, one from which both Peg and her patients benefit. Peg is determined to make a difference in other’s lives.

Lewis Sorenson

AGE: 93



As I age, I dare to...

**be a better brother,
father, grandfather,
and friend to all I
see!**

Mr. Lewis Sorenson, age 93, was born on a farm in Iowa in 1925, Lewis served on a Landing ship tank in the South Pacific during WWII. Lewis proudly states his age by first asking you to guess it. He states his age like a Badge of Honor. He enjoys being around people of all ages. Lewis loves to travel, enjoys good food particularly hamburgers, chicken thighs, and ice cream but has enjoyed a long life without lots of Dr. visits and medications. He still loves to travel! His daughter is instrumental in making sure his needs are met and continues to age gracefully with love and laughter. He enjoys playing cards or doing any activity that keeps him going. He is truly a joy to be around.

Mary Stultz

AGE: 96



As I age, I dare to...

**live life to the fullest
and be a light that
shines bright in
others lives!**

Mary Stultz is 96 years young and more active than most 30-year-olds! She still drives people to appointments and is an avid bridge player. Mary volunteers for Goodwill and her church as often as she can. If there is a need, she instinctively feels it. Mary has always been a natural problem solver. She loves her independence but also enjoys her family and friends. She has no plans on slowing down anytime soon.

Betty Thompson

AGE: 90



As I age, I dare to...

**never ignore or
forget my Shawnee
Community!**

Many older adults give their time and commitment to others but certainly, Betty Thompson is one who stands out. At the age of 90, she does not let things slow her down and she still comes in once a week for 3 to 4 hours to pack and deliver meals for those in need with the Meals on Wheels Program in the Shawnee area of Louisville. She has been doing so for over 15 years and wants to continue as long as she can. She is truly a special and charismatic person in so many ways.

Jim Thornton

AGE: 95

Mr. Thornton continued to work every day at Thornton Oil until the company was recently sold. Jim is a kind, considerate man. Generous to a fault and very civic-minded. The Thornton name can be seen on many donor walls - investing the Louisville community. He is always willing to lend a hand through the sharing of his wealth and extensive knowledge. He has supported countless events including Thunder Over Louisville and the Gorilla exhibit at the zoo. Jim's generosity spreads beyond the development of the community and reaches into the artistic body of Louisville. A patron of the Arts, The Ballet and Speed Art Museum are both beneficiaries of Thornton support.

Mary Thornton

AGE: 95

 **As I age, I dare to...**

**keep going to the
Watson Powell
Senior Center, a
place so dear to my
heart!**

Mary Thornton volunteers several times a month at the Senior Nutrition Watson Powell Senior Center. Because of her sweet nature, her fellow volunteers put forth more effort to visit and assist with this Center more than any others. It is an inspiration to see Mary volunteer even though she has some mobility restrictions because she makes every effort to be an active part of this Center. She may not be the most vocal but she is a great listener and very empathetic to others. It is hard to imagine the Watson Powell Senior Center without Mary Thornton!

Viola Tillman

AGE: 88



As I age, I dare to...

**never stop being
me. I plan to live life
to its fullest!**

Viola Tillman at the age of 88 brings a gentle spirit to the Louisville Metro Senior Nutrition Watson Powell Center. She may be one of the quiet natured ones at this 20+ person center but she is one of the most dedicated volunteers who come to a couple of times a week to eat and socialize. She is a true friend to all and never has anything bad to say. She brings a great positive feeling to her surrounding. Viola Tillman has been doing this for 15 years and brings such a heartwarming touch to the Watson Powell Senior Center.

Stuart Urbach, MD

AGE: 94



As I age, I dare to...

keep learning!

Dr. Stuart Urbach served as a solo practice physician in the hills of Eastern Kentucky, worked in the Air Force during the Korean War and then came back to Louisville to teach internal medicine. He raised three children with his wife, Sherrie. He still has a passion for teaching and has recently taught courses in Problem Based Learning and Physical Diagnosis at the University of Louisville School of Medicine.

Patricia Walker

AGE: 85



As I age, I dare to...

**do what I love and
enjoy the most in
life!**

Patricia Walker and the other St. Joes Sewing Society Members are as hard-working and dedicated to their craft as anyone can find. Even people who occasionally participate in the weekly sewing meetings will come to understand not only the concept of sewing and quilting but the warm and inviting spirit that surround all of the participants. Its the perfect socialization environment with a true focus to helping others. Everyone has the utmost respect for Patricia Walker and the others in all they do!

Rebecca Wathen

AGE: 90



As I age, I dare to...

**not relinquish my
dedication to the
Southwest area of
our community in
helping others!**

Rebecca Wathen is a very unique individual. She has lived in the area where she volunteers all her life. And at the age of 90 years old, she remains committed to giving back to her community. For the last 30 years, she comes weekly to the Senior Nutrition Sun Valley Community Center to pack and/or deliver meals as well as be both a nutrition and center aide. Her allegiance to this center is unlike anything that has been seen before. She is so devoted to the Southwest part of Louisville, helping those in need and for the greater good!

Morris Weiss, MD

AGE: 86



As I age, I dare to...

**balance my
humanism and my
science!**

Dr. Weiss is an acclaimed and still practicing cardiologist in the Louisville area. He was the Dept. of Medicine Chairman for Jewish Hospital and a consultant for the Mayor's Medical Advisory Council. He is passionate about archaeology and spent 15 summers visiting historic sites along the Mediterranean Sea. Dr. Weiss and his wife, Terry, have been active with the Kornhauser library for years. The library worked with them to create the "Weiss Family Reading Room" on the second floor. He began the Physicians Against Nuclear War group and is a long-serving member of the Innominate Society, dedicated to the history of medicine. He and his wife have five sons and a godson.

William (Bill) Weller

AGE: 88



As I age, I dare to...

**continue to stay in
good health so that I
can offer assistance
to those less
fortunate and receive
blessings and joy by
helping them!**

Bill is an active and very dedicated volunteer at Baptist Health Louisville. We are so fortunate to have someone so kind and caring when assisting our customers, making sure they are comfortable and getting them to the correct area. He is always willing to help if a volunteer calls in at the last minute and is a true example of someone who loves to be of service to his community.

Rose Ann Williams

AGE: 88

Since Rose Ann Williams retirement in 1992 from the Board of Elections, she has donated her Type O negative blood every two months. The Red Cross has sent her donations all over the United States and the 38 pints of blood, almost 5 gallons, has impacted 114 people. Mrs. Williams is a Eucharistic Minister at her Mary, Queen of Scots Catholic Church and sings in the choir every Sunday. Rose Ann volunteers at Signature Healthcare and feeds the homeless at St Vincent Depaul. She spends 45 minutes weekly behind her lawnmower cutting grass. As she ages she dares to continue her life as before, wanting to remain fiercely independent and do the things that will get her into heaven quickly.

Irene Winner

AGE: 94

As I age, I dare to...

**never forget my
community and
what it has given to
me!**

Irene Winner is a very dedicated and committed volunteer to not only to the RSVP Program but the Fern Creek/ Highview Community Ministries. She was so connected to this center in that she volunteered throughout the week for nearly 25 years doing at least 4 to 5 different things. She once stated that this ministry was her heart and soul and she could not imagine our city and society being without it. She was determined to make it a part of her life for a quarter of a century!

Jack Wright, MD

AGE: 92

Dr. Wright is a retired 40-year faculty member and professor emeritus of the University of Louisville Department of Family and Geriatric Medicine. Dr. Wright has devoted 40 years to the field of geriatrics at the University of Louisville. Dr. Wright is considered the founder of geriatrics at UofL. In 2019, Dr. Wright created an endowment at the University of Louisville to establish the John C. Wright Endowed Professorship on Aging, which seeks to increase collaboration between the UofL Trager Institute and the University's Department of Family and Geriatric Medicine, along with other universities. Dr. Wright has, until recently, served as a ski patrol member and attended weekly Grand Rounds.

Bette Zeller

AGE: 92

As I age, I dare to...

**keep making quilts
to bring joy and
comfort to children!**

Bette Zeller at the age of 92 years seems to be committed and dedicated as ever to helping others. She has been knitting and making quilts and blankets for close to 25 years to bring comfort and joy to others. She seems unwilling to slow down or stop. She not only enjoys giving back to others but also socializing with her friends who make up the Sewing Society. It's hard not to admire someone like her and join them periodically in making quilts and blankets as we come together as a community to help those in need.

Joan Zink

AGE: 85



As I age, I dare to...

**be active and fit; to
be a team player;
to be kind, positive,
and motivated; and
to be involved in the
community!**

Joan is very active and involved 85-year-old! She gives so much of her time and talent to everything she does. At the hospital, the staff in all three departments that she volunteers to look to her when they need someone to train new volunteers. She is always thinking of ways to make things better and run more smoothly. She is so dedicated to all that she does and we are blessed to have this very special volunteer tending to the needs of our patients and staff with her smile and compassion.