



Agnes Morris, 92, is president of her neighborhood garden society, jazz lover, dancer, mother, grandmother, great-grandmother, great-great grandmother; resides in New York City.



Murielle Abdulsamad, 46, this wife and entrepreneur is director of a nonprofit organization that provides services to low-income elderly.

She's an arts-and-crafts buff, swimmer, tennis player, skier and resides in Pensacola Beach, Florida. "I'm not as focused on material things as I was in the past. I feel as if I know more about who I am and what matters most, which is giving back and taking care of those in need."



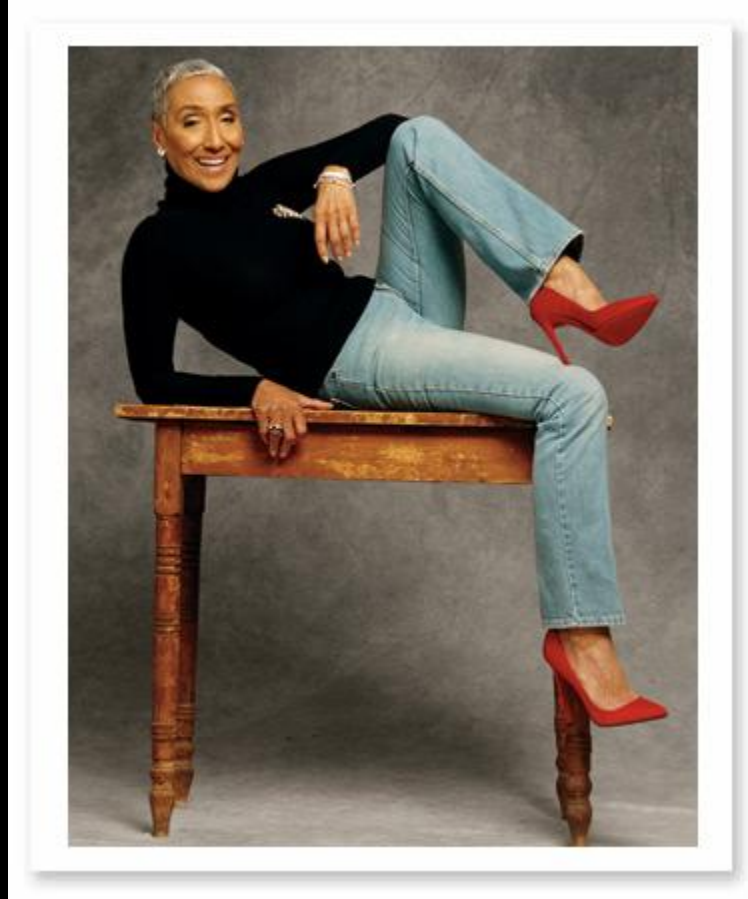
Josephine Stokes, 80, a mother, grandmother, retired teacher and school librarian, church and community volunteer, choir member; resides in Seattle “I really make a point of being positive. Your attitude has everything to do with your altitude. If you think optimistically, it helps to sustain you.”



Myrtis Jones, 60, volunteers to care for Border Babies at her local hospital; she's a beach bum, exceptional cook, wife, retired information-technology specialist and resides in South Orange, New Jersey "I've been able to create a nice life for myself. I love that I have so many wonderful friends I'm in touch with. Now that I'm retired I can do what I want. I exercise regularly, volunteer, travel. I'm even thinking about starting a new career in the beauty business."



Bertha Hagan, 104, a cook, mother, grandmother, great-grandmother, great-grandmother and great-great grandmother, resides in New York City.



Millie Cruzat, 77, is a dancer, model, mother, grandmother, tennis player, ice skater; she resides in Chicago. “I was fortunate to have a mother who was well before her time when it came to health and fitness. She worked six days a week until she was 89 and exercised regularly. This beautiful Black woman stretched every morning—no one I knew was doing such a thing. I remember watching her prepare and drink carrot juice; this was all in the 1930’s! I’ve followed in her footsteps. I eat well and have a very active lifestyle.