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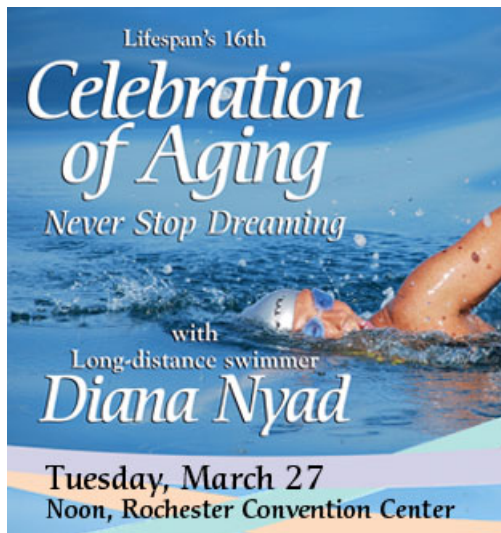
# Diana Nyad Xtreme Dream 103 miles. Cuba to Florida. Summer 2012

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## A Celebration of Aging with Lifespan in Rochester

Posted by Xtreme Dream Team on Mar 27, 2012 in Blog | 9 comments



Today on a break from the long ocean hours in the Caribbean to keynote for a groundbreaking advocacy and service org called Lifespan.

40 years now in the Rochester, NY, area (rumors had it very warm winter and spring all up and down East but 25 when I arrived last night...BRRRRR!!!).

The millions of our aging population, from us babyboomers to the elderly, are learning how to thrive, how to continue to make a living, how to get ourselves organized for living strong in middle and into older ages.

Today's event honors a number of superstars in our age group.

### Archives

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### Diana's Tweets



- My #XtremeDream team is the best! They rigged a brilliant little device to help me stay on course during my swim! <http://t.co/G63arRcW> about 52 minutes ago from HootSuite
- @100inbarbados Thanks so much! I'm so pleased that you find inspiration in what I do! Chase your #XtremeDream! about 3 hours ago from HootSuitein reply to 100inBarbados
- @bicyclelab Thanks so much! about 5 hours ago from HootSuitein reply to BicycleLab
- @carlenebyroncom I'm glad I managed to inspire someone. Remember, pain is temporary! 08:43:53 PM March 29, 2012 from HootSuitein reply to CarleneByronCom
- @mrcleome Thats the message I hope to give, no matter your age you can do what you set your mind to! Thanks for



I am in awe, for instance, of Dick Lawrence, a retired mailman who took his career of walking to the ultimate in retirement. Dick walked the grueling 500-mile Camino de Santiago pilgrimage in Spain, averaging 14 miles a day, over mountains, for 35 days, carrying all his own gear in a backpack.

Dick was in extreme pain due to bad foot blisters but he says today: "I was going to finish and not let anything stop me." And finish he did!!!



And I've been hanging out with Dianne Hickerson. At retirement, found her true talent in life, painting. In just a few short years, Dianne's art has become nationally recognized. Recently she has been featured in a book called "Splash", along with the other top contemporary watercolorists in the country.

Dianne says: "Everyone has a passion hidden within themselves. Search your soul, take the time to find it."

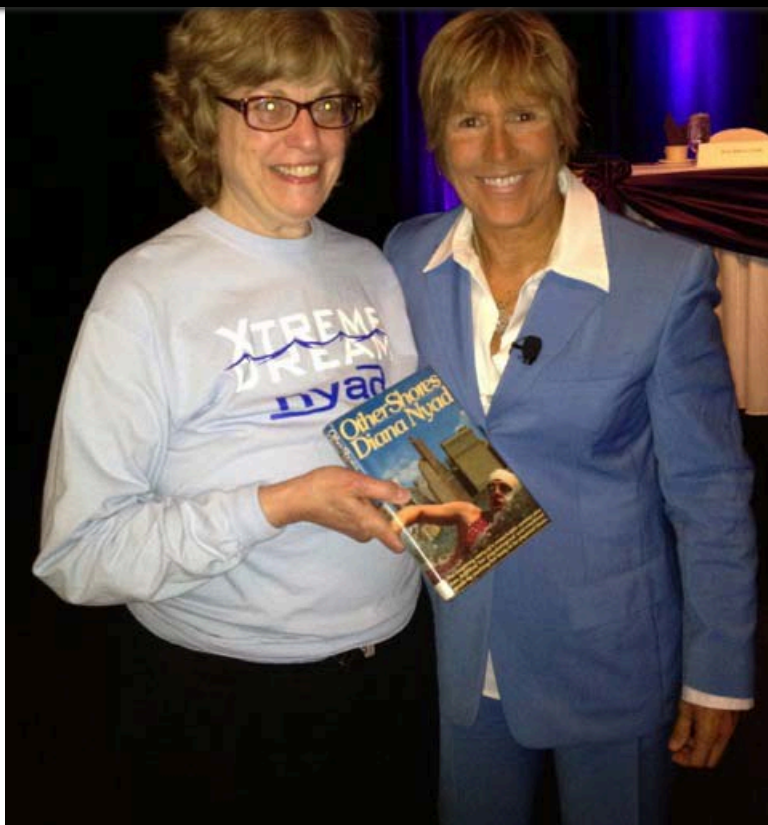


And meet Pat Ward Baker. Pat finished her PhD when she was 75!! Her thesis? "A New Vision of Aging". Pat's dissertation analyzed the attitudes and behaviors of people in their 90's who were still professionally active. Pat's 80 now. Her advice to all of us? "Stay engaged in the world, and committed to work paid or unpaid."





Meet Willie Murphy. At age 75 Willie is going this summer for the world record in her age group for the dead lift. She already bench presses her weight, 120 pounds! Osteoporosis is most surely NOT in Willie's future. Willie: "People in my neighborhood who are younger than me are walking around with canes and walkers. It makes me sad and it motivates me to keep on keeping on."



Nancy here has lived in Rochester all her life. Learned to swim at the Rochester YMCA. She came to the Lifespan event proudly wearing the Xtreme Dream t-shirt. What a kick in the pants for me to meet up with people who have been following my journey and rooting for me. Gives me a HUGE boost, I can tell you!!

ENGAGE!!! Isn't that what I'm always preaching??? Don't retreat... ENGAGE!!!

The Lifespan has brought in many valued citizens as their keynoters over the years, starting their first event years ago with the one and only Julia Child.

What an honor for me to celebrate the Lifespan work today in Rochester! Check out [lifespan-roch.org](http://lifespan-roch.org) (GREAT STUFF!)



## 9 Comments

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Barbara Johnston

Great talk and wonderful to meet you afterward (thanks for the photo!) Thanks for supporting LifeSpan.

I'll keep with me the message to live every day fully. Good luck this summer!

Reply



Ellen Sorce

March 27, 2012

What a brilliant speaker! And thank you for the kindness you showed when I burst into tears, meeting you before the luncheon. You are an inspiration to so many.

Best of luck when you reach the other shore this summer!

Reply



Laura B.

March 27, 2012

Diana, You bring out the best in people! A very powerful speaker. .... Way to go willie! Keep breaking those records!! Love to see that.

Reply



Julie from Lifespan

March 27, 2012

Diana – Today you were entertaining, motivating and engaging – we couldn't have asked for a better speaker – thank you, thank you, thank you! Please know that your friends here in Rochester will be routing you on and watching you every stroke of the way this summer. Stay strong and know as long as you keep trying you will reach the other shore! 😊

Reply



Jean Golden

March 27, 2012

Thanks for sharing this. Wonderful stories. And you are the best story teller of all. Sending love. Jean

Reply



Pat Ward-Baker

March 28, 2012

Your message...

Reply



Pat Ward-Baker

March 28, 2012

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30 Mar 2012 – 2 May 2012

Diana: Loved meeting your charming, friendly, inspiring self yesterday at Lifespan. Can't wait to move farther, faster, and better on my work about engaged oldest old individuals. Already received some contacts to further the message. I'll be watching your every stroke this summer and celebrating your victory right along with you. Hugs, Pat

Reply



Ginger

March 28, 2012

I want to work out with Willie Murphy. She rocks!!

Reply



Dick from Rochester

March 28, 2012

Thanks again for your inspirational speech. I may not walk the Camino again but I will wake up each day to the memory of your bugle call! Good luck this summer

Reply

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... is more than a swimmer.  
... of hope to us all  
that we can dream big, live life  
large, and look back at all of it with  
no regrets whatsoever."

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Training in St. Maarten

Simpson Bay Lagoon

- A Celebration of Aging with  
Lifespan in Rochester
- Training in St. Marteen: Morning  
Start
- Mark Sollinger, My Close Friend  
& Xtreme Dream Ops Chief

- Cayce Clifford on Training in  
Saint Maarten: Simpson Bay  
Lagoon

- Ginger on The Pole: Xtreme  
Dream 2012 Training in St.  
Maarten
- Dick from Rochester on A  
Celebration of Aging with  
Lifespan in Rochester
- Laura B. on Training in Saint  
Maarten: Simpson Bay Lagoon
- Ginger on A Celebration of  
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Xtreme Dream. For Diana Nyad's representation please contact Pam Derderian