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WISDOM
&
AGE

RESEARCH NOW ACTUALLY PROVES THAT
WE GET SMARTER AS WE GET OLDER.
FIVE OF OUR FAVORITE WOMEN (OVER 65)
SHARE THEIR ADVICE FOR LONG AND HAPPY LIVES.

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JUDITH JAMISON, 68
DANCE LEGEND

Judith was recently named the Artistic Director Emeritus for Alvin Ailey, a dance company she first joined in 1965.

ON RETIREMENT

"To me, 'retirement' means 'done.' It means, 'OK, I can finally go to sleep.' You should do what you do for as long as you can do it and then pass it on to the next great person to continue your dream."

ON CONFIDENCE

"By the time I was 6, I was taking my first dance classes. You can imagine the climate for young black ballet dancers in 1949, but I somehow knew that everything and anything was possible. That mantra was already in me, so nothing seemed overwhelming. We don't all have to perform, but we all have this living movement inside of us."

ON HUMILITY

"I'm just Judy. I've always surrounded myself with people who can do some things that I can't. You should think of your body as a powerful machine. You're the boss, but you have to have people around you who understand that we're all on this ship together—you can't sail it all by yourself. That's the only way to grow."

ON KEEPING YOUR MOUTH SHUT

"Today everybody always wants to blab everything about their personal lives, and that's just unbelievable to me. Somehow the meaning of personal got lost in the fray.

I won't blame it all on reality TV, but something has happened to our psyches.

I grew up in a society where there was such a thing called 'family business.' That's what kept families really tight."

ON EVOLVING

"It's never too late to reinvent yourself—to do whatever it is you need to do to rekindle your life. For example, I recently became vegan. I now brew kombucha and grow my own food in my apartment."