

# Maggie Kuhn

## Quotes

*Age, People, Ubuntu, Inspirational, Power, Peace, Retirement, Speak Your Mind, Goal, Strength, Confusion, Crossroads, Healthy, Hell, Community, Women, Wrinkles, Useless, Outrage, Funny*

Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.

~Maggie Kuhn

Learning and sex until rigor mortis.

~Maggie Kuhn

I enjoy my wrinkles and regard them as badges of distinction - I've worked hard for them!

~Maggie Kuhn

Old age is an excellent time for outrage.

~Maggie Kuhn

A healthy community is one in which the elderly protect, care for, love and assist the younger ones to provide continuity and hope.

~Maggie Kuhn

There are six myths about old age: 1. That it's a disease, a disaster. 2. That we are mindless. 3. That we are sexless. 4. That we are useless. 5. That we are powerless. 6. That we are all alike.

~Maggie Kuhn

When you least expect it, someone may actually listen to what you have to say.

~Maggie Kuhn

Speak your mind, even if your voice shakes.

~Maggie Kuhn

Power should not be concentrated in the hands of so few, and powerlessness in the hands of so many.

~Maggie Kuhn

The best age is the age you are.

~Maggie Kuhn

Your body changes, but you don't change at all. And that, of course, causes great confusion.

~Maggie Kuhn

Being sixty-five ... became a crossroads. We said, we have nothing to lose, so we can raise hell.

~Maggie Kuhn

The ultimate indignity is to be given a bedpan by a stranger who calls you by your first name.

~Maggie Kuhn

Men and women approaching retirement age should be recycled for public service work, and their companies should foot the bill. We can no longer afford to scrap-pile people.

~Maggie Kuhn

My goal is to do something outrageous every day.

~Maggie Kuhn

There must be a goal at every stage of life! There must be a goal!

~Maggie Kuhn

People who have had power, when they become powerless, are really tragic.... We just allow ourselves to be conditioned by a society so we become as important as we're supposed to be.

~Maggie Kuhn

You can't be human alone.

~Maggie Kuhn

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