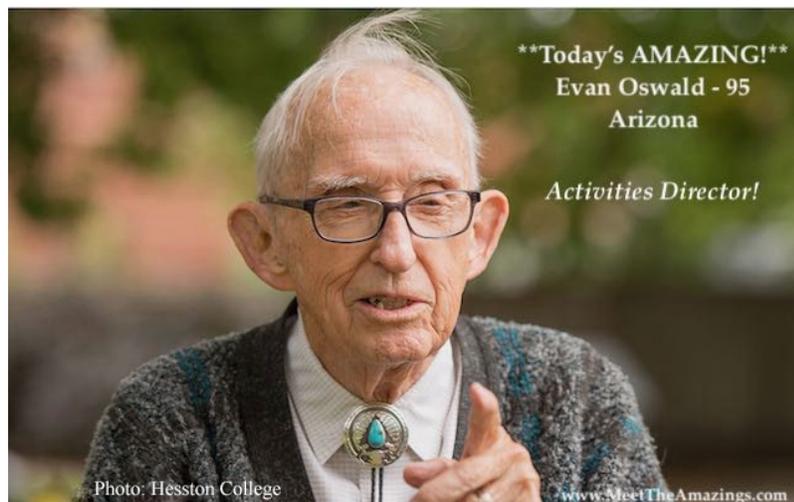




500 Amazings And Counting: Facebook Page Celebrates Those Leading Amazing Lives In Their 70s, 80s, 90s and Beyond

Los Angeles, Calif. (March 15, 2021)--[Meet The Amazings](#), a Facebook page that celebrates older people leading rewarding and fulfilling lives, highlighted its 500th "Amazing" on March 15. The page features those in their 70s, 80s, 90s and beyond who are enjoying life's later stage.



The 500th Amazing is [Evan Oswald](#), 95. After decades of creating and running the intercollegiate sports program at Hesston College in Kentucky, Oswald moved to Arizona and became the first paid activities director at the Glencroft Center for Modern Aging in Glendale, a position he still holds today.

"Evan is one of countless seniors who is still learning, growing and enjoying life," says [Dr. Noelle Nelson](#), a psychologist and author who researches Amazings to feature on the page. "Every Amazing has a passion that drives them. Whether

it's earning a long-sought-after college degree, running marathons, helping others, continuing in the work they love, older generations are taking on these challenges and adventures and loving it."

Nelson, author of [Happy Healthy...Dead: Why What You Think You Know About Aging Is Wrong and How To Get It Right](#), has been posting stories about "Amazings" twice a week on the Amazing's Facebook page since 2016. "The page features Amazings from around the world," she says. "Their stories are an inspiration for everyone, young and old," says Nelson.

Most Amazings are not celebrities and Nelson says that's by design. "The majority of Amazings aren't wealthy or famous. Their earlier years may have been filled with tremendous hardship. They may be experiencing health challenges. None of that matters," says Nelson. "The common thread is that they appreciate every day and plan to live each of those days to the fullest. We would all benefit from following their lead. Studies show that those that have an 'Amazing' outlook live longer and enjoy [healthier lives](#)."

Nelson says there are many lessons to learn from the oldest of generations. "Amazings don't let obstacles get in their way," she explains. "They set a goal and figure out how to reach it. No complaining. No excuses. They understand that life is a precious gift and we need to make the most of it. All of us should have their attitude."

The Facebook page has nearly 9,000 followers. Here's the link: [@MeetTheAmazings](http://www.Facebook.com/MeetTheAmazings).

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