



# Frances W.

## Most amazing event in their life?

Frances enjoyed a trip to Czech Republic in 2005 to see her ancestral homes and got on a motorcycle for the first time with her great nephew in 2003 at the age of 82!

## About Frances.

Frances likes to go by Arlene and she grew up on a farm just south of Little Turkey, Iowa. She taught in a one room county school and eventually became a caretaker for her mother. Frances is still a very independent woman to this day living in her community. Today she enjoys good company, crossword puzzles, reading, writing, talking on the phone and watching TV - which she complains that there is nothing good on anymore.

## What is her secret to longevity?

Frances says there is no secret, just live rightly and do onto others as you would have them do onto you. She said that when she got older her therapy was shopping at Walmart driving their electric cart and eating out afterwards.