



Ruth Goldstein, 101, displays a photo with her husband and children. She says she focuses "on the wonderful things in my life" and doesn't dwell on the negatives.

BY SHERYL NANCE-NASH  
Special to Newsday

**A**t 101, Ruth Goldstein still lives alone, makes her own breakfast and savors dessert every night — often a black-and-white milkshake from Carvel.

She has survived ovarian and breast cancer, lost her husband of more than 70 years as well as her daughter two years ago. Yet the East Norwich resident has a positive philosophy. "I focus on the wonderful things in my life," she said. "If something bad happens I deal

# HOW TO *age well*

Lessons from age 80 to 101 on how they thrive

with it and don't dwell on it." Goldstein is among the growing number of Americans living to extraordinary ages. Life expectancy in the United States reached 79.4 in 2025, according to the Centers for

Disease Control and Prevention in Atlanta, up sharply from 68.2 in 1950. And it's not just celebrities like Rita Moreno (94), Jane Fonda and Morgan Freeman (both 88) and Harrison Ford (83) who are aging well. Experts say ordi-

nary folks can do the same with healthy physical, mental and social habits. "Keeping your body active, eating a healthy diet, getting enough quality sleep each night, limiting and regulating stress and prioritizing relationships all play a significant role

in healthy aging," said Dr. Jeffrey Ditzell, a New York City psychiatrist.

Just as important is one's mindset.

"Aging well is about how you relate to yourself, your life and the passing of time," said Aura Martinez, a New York City empowerment coach and certified nutrition and wellness consultant. She added that people who age well "adapt instead of resist change. They stay curious instead of bitter. They maintain purpose, feel useful, are deeply present in relationships."

How well a person moves can often determine how well they will continue to live, said

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