



GINA WILLIAMS

Terry Lieber, right, said her long daily walks with friends are important to her, as is her family's support. "I am most happy being with people," she said.

Physical therapist Gina Williams said it's important to keep moving, as "mobility is one of the most powerful predictors of longevity."



ALEXANDRA VILVA LOARCA

Joanne stays focused on the present. "I take each day, one day at a time," she said.

TERRY LIEBER, 80

After losing her husband of more than 55 years this past summer, Terry Lieber, of Melville, is facing one of life's

hardest chapters. "I'm still working on overcoming my loss," she said. "It will never go away."

Lieber, who has two children and two grandchildren, lives in a 55-plus community and keeps active with daily 3- to 4-mile walks with friends, puzzles, reading, line dancing,

aerobic videos sessions, mah-jongg, canasta and library programs. Eating balanced meals and drinking lots of water are also part of her self-care.

"My daily walks with friends are a big plus. We talk about life and discuss books

and movies," she said. "My family is a large part of my support. I am most happy being with people."

Lieber, who taught in New York City for more than 30 years, said she cherishes memories of teaching and travel.

She said she wants to be remembered for the many students she influenced, for being a good friend and for her matzo ball soup, she said with a giggle.

NORMAN SPIZZ, 86

Spizz, of Hewlett, is not slowing down. He said he plays cards three times a week, golfs, goes out with his friends and practices

his trumpet and piano. When the opportunity arises, the musician/bandleader/booking agent does gigs. "I enjoy it and the extra income lets me do more things, like traveling and entertainment," he said.

Spizz and his wife of 45 years, Mara, have four children between them. He holds fast to the special moment when he played the piano accompaniment for his daughter's violin solo when she was 9. Her death in 2017 is one of his greatest sorrows.

He believes his longevity is linked to being active and having a good attitude. "You have to keep smiling. I'm happy that I read an obituary and it's not my name."

BARBARA CASTELL, 86

Barbara Castell is no wall-flower. She has served on committees at the Sinclair, the

senior living community where she lives in Port Washington. She loves the music programs and playing Rummikub.

Castell is serious about two things: what she eats and staying active. "I'm not a couch potato," she said. "Movement is important, and my kids always tell me to slow down."

Castell still drives, runs errands and shops for herself. She eats a mostly plant-based diet.

She completed business and secretarial training and worked at a hotel. Her life included raising two sons and supporting her husband's engineering career, which took them across the country.

She lives by a simple principle: "Be kind — it doesn't cost a thing," she said. "Kindness is the greatest gift you can give. We're all in the same boat — make it work."



BARBARA CASTELL

Barbara Castell eats a mostly plant-based diet and she keeps active. "My kids always tell me to slow down," she said.