## CITYEREGION

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## From one group of seniors to another, some parting words of wisdom to live by

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This year's senior class did not get to participate in all the fun traditions of their final year of school.

But they're getting something their predecessors may not have gotten: good advice from some grandmas and grandpas.

They've probably seen encouraging videos from their teachers, but this one is from senior citizens.

Residents at Glenwell, a DePaul assisted living residence in Cheektowaga, offered up good wishes and parting words for the Class of 2020 in a video posted to the residence's Facebook page.

It starts out with a resident tooting a party horn; then various residents, sitting in their rooms, look into the camera and congratulate the seniors, sharing the best of what they have learned over a lifetime.

"All right, all you nice children

out there, I want to give you good advice. Enjoy yourself. Live a good life. We have some wonderful people in this world," Betty Walczak said.

Another woman came straight to the point: "Listen to your mother, and you're not gonna make mistakes," she said.

"Be kind to your parents. They're the best thing you ever had and nothing will ever replace them," another resident advised. "Congratulations. Do the best you can. That's all we ever ask." One man had quick words: "You have to look ahead, plan ahead."

Other residents urged seniors to have a good and successful life.

Walczak had some hopeful parting words of wisdom in these stressful times.

"I think you're wonderful, all right? This is a good life, kids. It's gonna get better, remember that. It's gonna get better," she said. "I've seen it good and I've seen it bad, and now, we're gonna get good again."