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May is National Elder Law Month. Elder Law attorneys educate and advise seniors and their families about various legal issues every day, and in return, Elder Law attorneys often have the pleasure of hearing many wonderful stories from their clients.

In honor of National Elder Law Month, Makofsky Law Group, P.C. would like to showcase inspirational seniors who are helping change the stigma attached to aging during our weekly "Senior Spotlight."



Our first "Senior Spotlight" shines on Johanna Quaas, the oldest active gymnast in the world. Quaas was born in Germany in 1925. Although Quaas started to practice gymnastics at age 9, she gave it up for a while and did not return to gymnastics until she was 57 years old. In April of 2013, Quaas was named the "Oldest Gymnast" by the Guinness Book of World Records after completing a floor-and-beam routine in Rome at the age of 86. Quaas has 11 medals from the German Championships and was also inducted into the International Gymnastics Hall of Fame in 2015.

Quaas is an inspiration to all to stay active and keep moving! See below to view one of Quaas' gymnastic routines!



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Don't forget to visit the Makofsky Law Group, P.C. Facebook and Instagram pages and like us!

For more helpful information and to keep up to date on all Elder Law and Trust and Estate matters, visit our website at www.makofsky.com.

Don't forget to share any information you found helpful and informative with your friends and family!

Do you need a speaker for your group? Invite us to present for your group or organization either in person or virtually!



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