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Our second "Senior Spotlight" this month showcases Frank Rothwell, a 70-year-old grandfather who rowed 3,000 miles solo and unassisted across the Atlantic, raising more than £700,000 for dementia research. He set sail from La Gomera in the Canary Islands on December 12, 2020 and completed his journey in the Caribbean Island of Antigua 56 days later, reuniting with his wife on Valentine's Day.

Rothwell was inspired to take on this challenge for Alzheimer's after witnessing his brother-in-law struggle with dementia, who sadly passed away at the age of 62 during Rothwell's challenge.

Before Rothwell embarked on his journey, he shared, "it will be tough, but my motto is 'you're never too old!'" Thank you, Frank Rothwell, for reminding us you're never too old for an adventure!

Watch the video below to see Rothwell finalizing his 3,000 mile rowing trip across the Atlantic Ocean!



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