



Jeanne Louise Calment

21 February 1875 – 4 August 1997

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The information take from the link:

https://en.wikipedia.org/wiki/Jeanne_Calment

Autobiography

Jeanne Louise Calment was born 21 February 1875 from a French.

She has the longest confirmed human lifespan, living to the age of 122 years, 164 days. She was born and lived in Arles for her entire life, outliving both her daughter and grandson by several decades. Calment became especially well known from the age of 113, when the centenary of Vincent van Gogh's visit brought reporters to Arles. Her lifespan has been extensively verified by census documents, and researchers have investigated her health and lifestyle.



Link: <https://twitter.com/lemondehistoire/status/569246596497608704>



Daily routine at ages 111–114 Edit

After her admission to the care home Maison du Lac [House on the Lake] in January 1985 at the age of 109, she initially had a highly ritualized daily routine whereby, uniquely among the care home residents, she requested to be woken at 6:45 am and started the day with a long prayer at her window thanking God for being alive and for the beautiful day which was starting, sometimes loudly asking the reason for her longevity and why she was the only one alive in her family. Seated on her armchair she did gymnastics wearing her stereo headset. Her exercises included flexing and extending the hands ("a distinguished woman must have beautiful hands"), then the legs, and her carers noted that she moved faster than the other residents, who were 30 years younger, despite her blindness. Her breakfast consisted of coffee with milk, and rusks.

In the afternoon she would take a siesta for two hours in her armchair, and then visit her neighbours in the care home, telling them about the latest news she had heard on the radio. At nightfall she would dine quickly, return to her room, listen to music (her eyesight now being too poor for her favorite pastime of crosswords), smoke a last cigarette and go to bed at 10pm.



<http://viola.bz/jeanne-calment-world-record-of-life/>



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This elderly woman is certainly worthy of having her name and surname appear in the Guinness Book of Records.

Such an unusual and mysterious phenomenon was Jeanne Kalman.

The long-lived died on August 4, 1997. Representatives of the nursing home reported that she died naturally. The death of the French woman became a surprise and a real shock for the inhabitants of Arles.

122 year old woman interview



Link: <https://www.youtube.com/watch?v=mvghcWBzlpw>