

Conference for Global Transformation

May 15 – 17, 2020

Discover new ways to take a giant step beyond what you had considered possible.

Session: Age and the City: What's attitude got to do with it?

Old Age is a privilege not everyone gets. You can choose a journey that's a gradual decline, or an adventure that's a luminous work of art.

Notes From the Session: Two Tips and a Big Takeaway!

Fact: The famous Ohio Longitudinal Study on aging and retirement found that people with a positive perception of aging **live on an average 7.5 years longer** than people who don't have that outlook.

TIP #1 HAVE A GOOD ATTITUDE TOWARD AGING!

Fact: The University of Minnesota Longitudinal study showed that people who relished life and had no signs of dementia had as much plaque in their brain as the less vivacious people whose dementia was apparent prior to their death. The study concluded that **a healthy mind and spirit can exist in a less than perfect body or brain.**

TIP #2 HAVE A GOOD ATTITUDE TOWARD AGING!

THE BIG TAKEAWAY

Playing the game to be forever young is a sucker's game. You are not going to win. Playing to be **forever vital** is a game worth playing.

HAVE A GOOD ATTITUDE TOWARD AGING!

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Exercise: Shifting Your Context for Aging

Step1: Identifying Your Current Context

What is your current context for aging? Look at the things about aging that you say to yourself and others. What do you say when you look in the mirror? When you forget something? When you see pictures of yourself? When you are participating in activities? When you think about trying or learning something new?

My current context for aging is:

Step 2: Shifting Your Context

Given we are all trained graduates of Landmark programs, we are familiar with, and practiced in, shifting our context in an area where we have a loss of power. What new inspiring context or possibility could you create for yourself regarding aging? Look at people you know that seem younger than their years, are active, making a difference, and doing things you wish you could be doing at their age? Look at your hopes or dreams for retirement. Dig deep and look at what would inspire you.

My newly created context for aging is:

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Step 3: Bringing Meaning and Urgency to the Conversation

Instead of focusing on your current age, let's shift the context to the amount of time you have left on this planet - your probable life span. Come up with an age that is based in reality, but also inspires you. If you first come up with an age that does not empower you...CHANGE IT! If determining your life span is too confronting, just use 5 years.

The time I have left to work with is: _____

One of the biggest factors in supporting happiness as we age is having **meaning** or a **purpose** to life – what the Japanese culture calls **Ikigai**. What is your meaning or purpose in life? What is the legacy that you would like to leave? Some of you may have an “impossible promise” or something you are standing for causing in the world. Perhaps you have thought about what you want to leave as your mark in the world, or what you want to accomplish and be known for.

The legacy I am creating for the world is:

Now, stand at the end of your glorious life and look backwards. Your purpose or legacy has been fulfilled. What actions did you take to fulfill on that purpose or legacy?

Said another way, what will you choose to spend the rest of your lifespan on? What will inspire you and give meaning to the years you have left? Working backwards from the end of your life until today, Identify those actions worthy of your precious time.

The actions and activities that will fulfill my legacy are:

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Resources:

Session presenters:

Candace Shivers, contact: candaceshivers@loveofaging.com

and Liz Dietz, contact: lizdietz@loveofaging.com

Videos/Articles/Books we recommend:

Ohio Longitudinal Study on Aging and Retirement, 1975-1995

URL: <https://dataverse.harvard.edu/dataset.xhtml?persistentId=hdl:1902.1/00139>

Nun Study - School Sisters of Notre Dame

URL: https://ssnd.org/ministries/nun_study/

The Compression of Morbidity

URL: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2690269/>

Giving Seniors a Subconscious Boost

URL: <https://www.washingtonpost.com/archive/lifestyle/wellness/2000/01/25/giving-seniors-a-subconscious-boost/8df77500-a2d0-45ef-9a3b-ab469027616a/>

Ikigai

URL: <https://en.wikipedia.org/wiki/Ikigai>

Better With Age: The Psychology of Successful Aging, Dr. Alan D.Castel

URL: <https://www.youtube.com/watch?v=DQUdY2A4X-k&feature=youtu.be>

How to Live to 100+ Dan Beuttner

URL: https://www.ted.com/talks/dan_buettner_how_to_live_to_be_100/transcript?language=en

Online resources we recommend:

Love of Aging – Where Art, Science, and Attitude Meet www.loveofaging.com