

How Your Later Years Can Be Your Best Years



Marlene Meyerson JCC Manhattan Virtual Presentation

Tue, Nov. 10, 2020

Tue, Nov 17, 2020

7 PM – 8 PM

Norman Reiss

YourAgeDoesntMatter.com

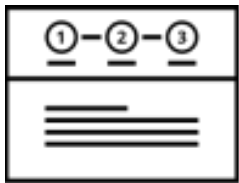
Agenda – Week 1



- Reviewing the research on how your attitude about aging affects how we age – and how long we live
- Introducing how ageism affects us
- Special guest – Betsy Abramson, Executive Director, Wisconsin Institute for Healthy Aging



Selfhelp



GetSetUp

About Me

- Past volunteer and staff member at [DOROT](#)
- [Virtual Senior Center](#) facilitator at Selfhelp Community Services
- Current Customer Success Manager at [GetSetUp](#)

About You



- What has your family taught you about aging?
- How do your friends deal with aging?
- How are you feeling about your life ahead, now that you are considered a 'senior'?

How do you feel about getting older?



**World Health
Organization**

Aging Attitudes Quiz

The Inspiring Work of Prof. Becca Levy



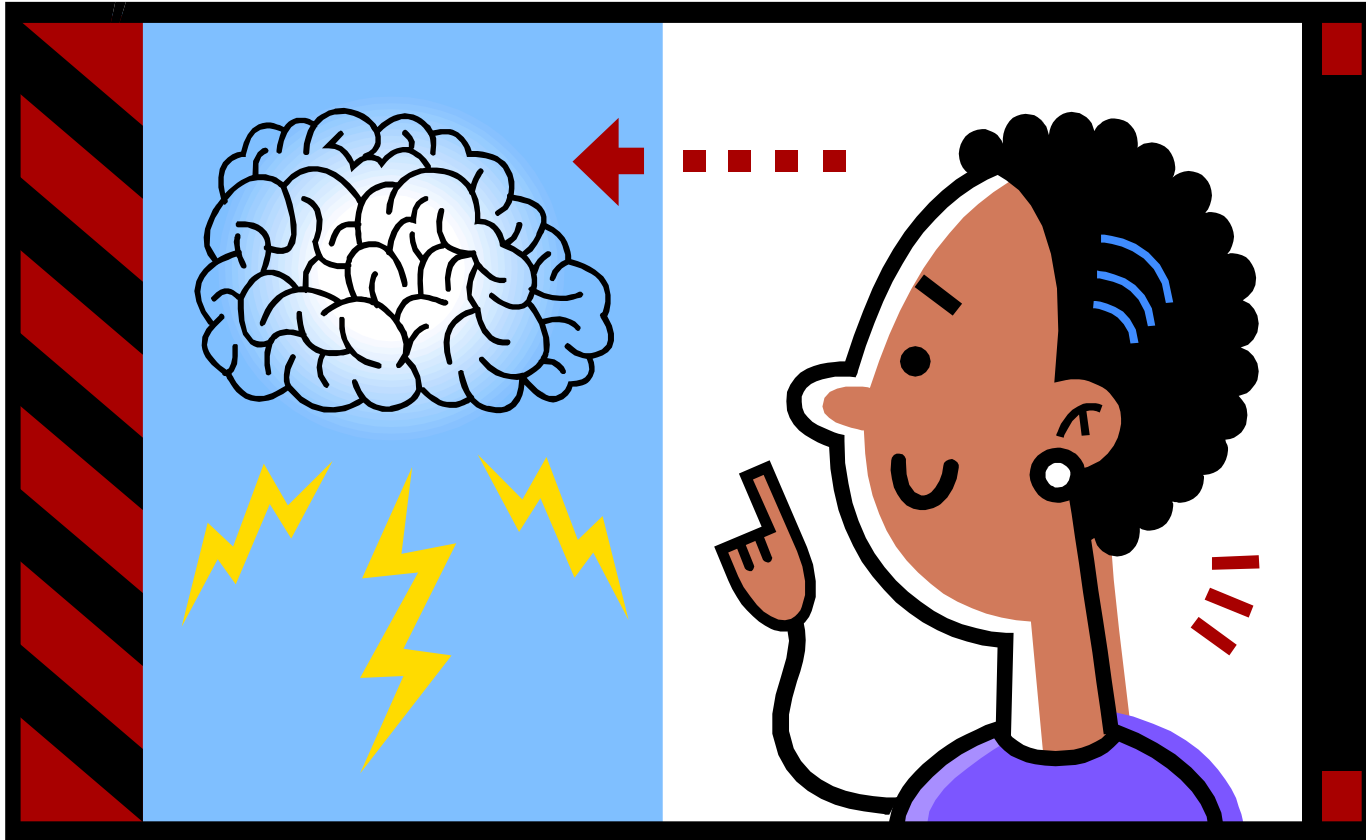
- Professor of Public Health and Psychology at Yale University
- Researcher focused on psychosocial factors that influence older persons' cognitive and physical functioning, as well as their longevity
- Creator of field of study that focuses on how positive and negative age stereotypes affect health

Prof. Becca Levy's Research



- How psychosocial factors influence recovery and survival in old age
- How aging process differs in cultures that hold diverse views of aging
- How interventions, designed to trigger positive or negative age stereotypes, influence outcomes including memory, physical performance and cardiovascular response to stress

Positive Attitudes About Aging



Leads to
greater
brain
function

*Many slides in this presentation were
generously shared by Betsy Abramson,
Wisconsin Institute for Healthy Aging*

Positive Attitudes About Aging



Improve
Memory

People with Positive Attitudes About Aging



Are 44% more likely to recover from disability

Negative Images of Aging Lead to early cardiovascular problems



Do you believe that aging = decline
so it doesn't matter what you do?

Why Bother? vs. **Yes, I Can!**



BLD023963 [RF] © www.visualphotos.com

'As I age, health problems are inevitable'

- Engage in fewer preventive behaviors
- Less likely to see a physician regularly
- Less likely to seek preventive care
- More likely to develop arthritis, heart disease and hearing loss
- Affects alcohol consumption, diet, exercise, medication compliance, seatbelt use, tobacco use

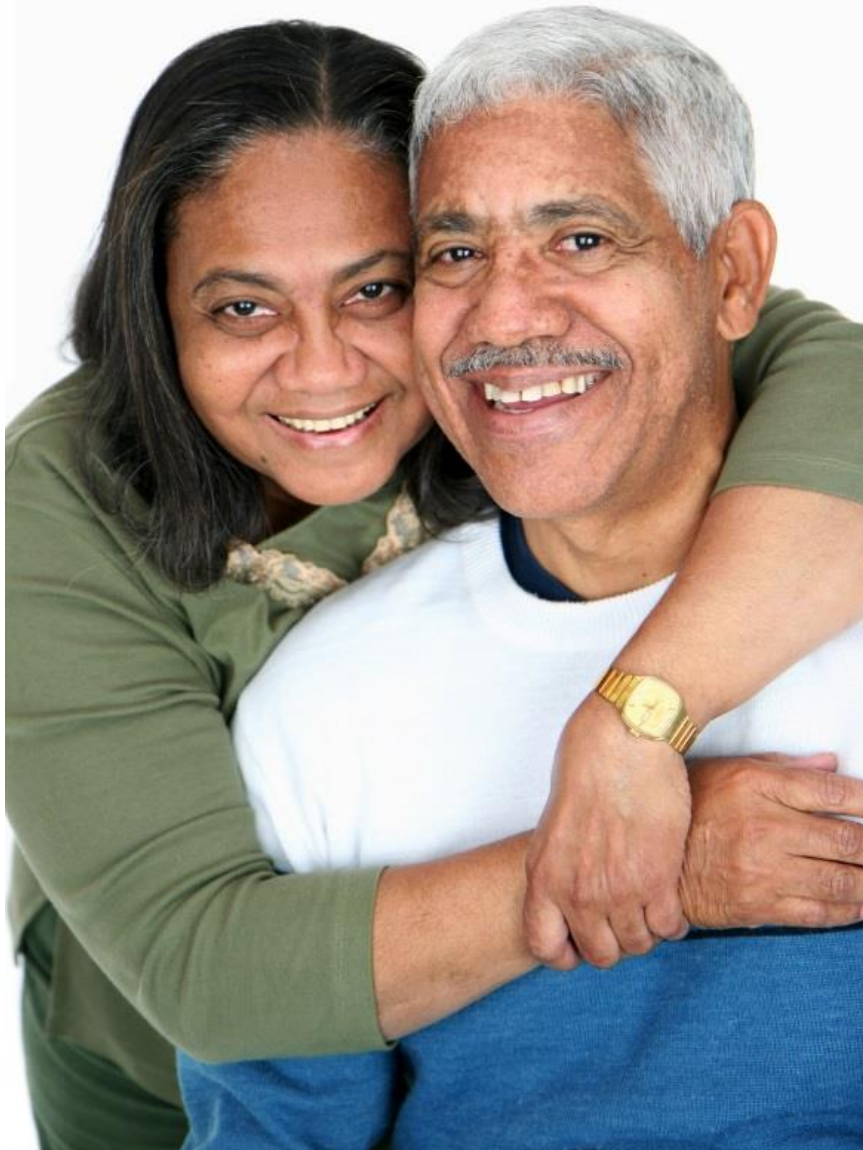
Positive Self-
Images
Increase
Longevity by





People with POSITIVE perceptions of aging **live 7.5 years longer *than those who don't***. They also:

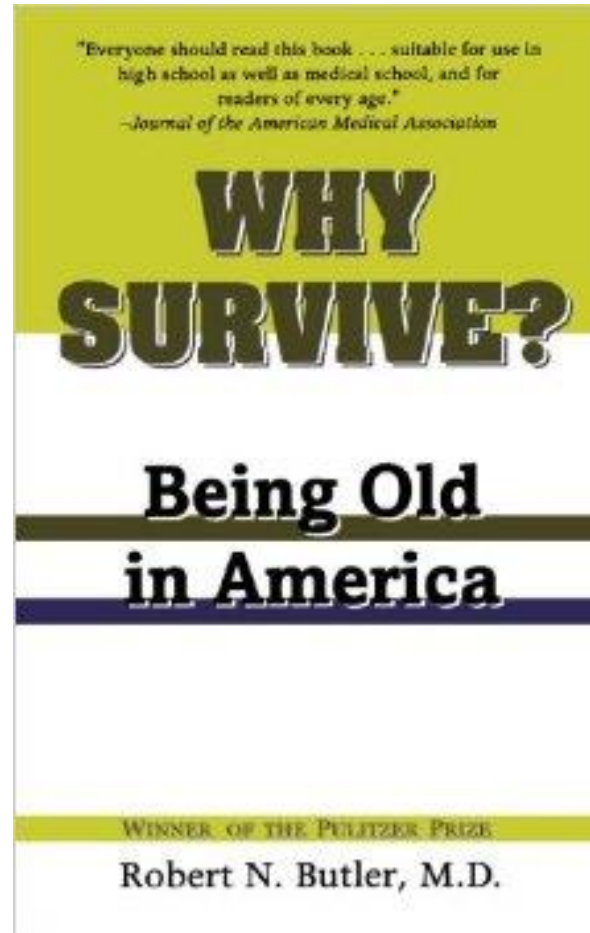
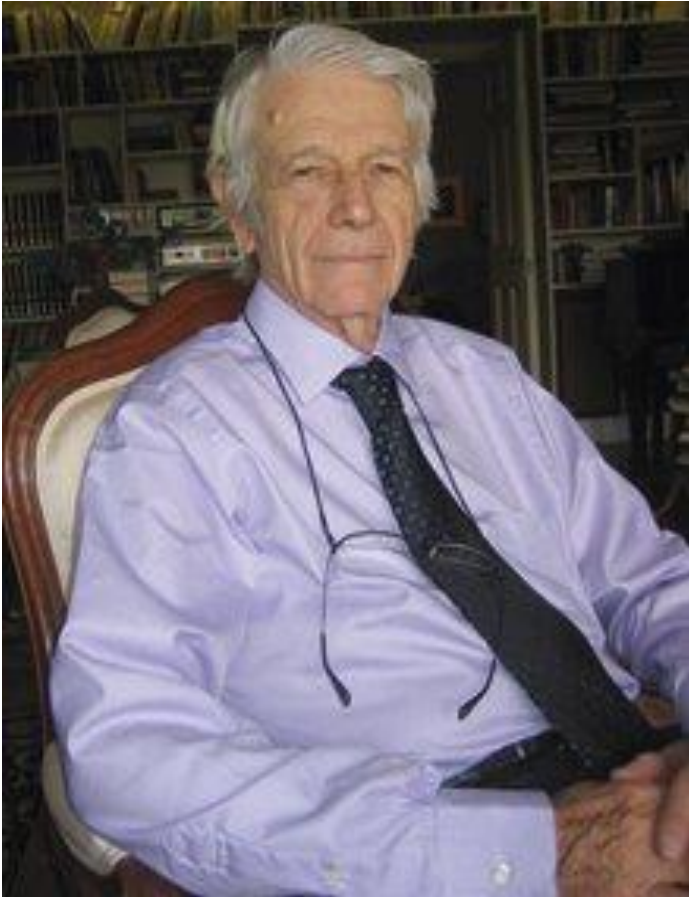
- Experience much higher rates of recovery from illness and injury
- Have better brain performance and improved memory
- Have a greater sense of control over their lives and a greater will to live
- Are more likely to talk to a doctor about health problems and get preventive care



Ageism (Defined)

A systematic stereotyping of and discrimination against people because they are old.

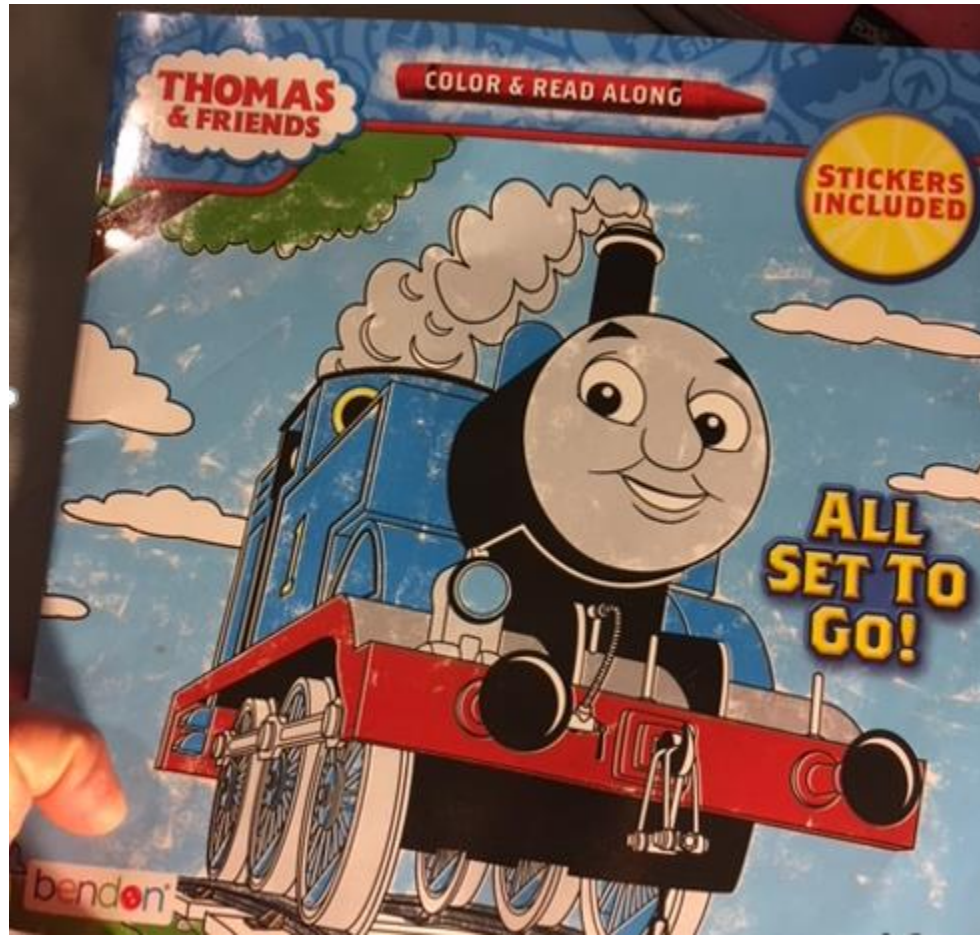
The term 'ageism' was introduced by Dr. Robert Butler in 1968



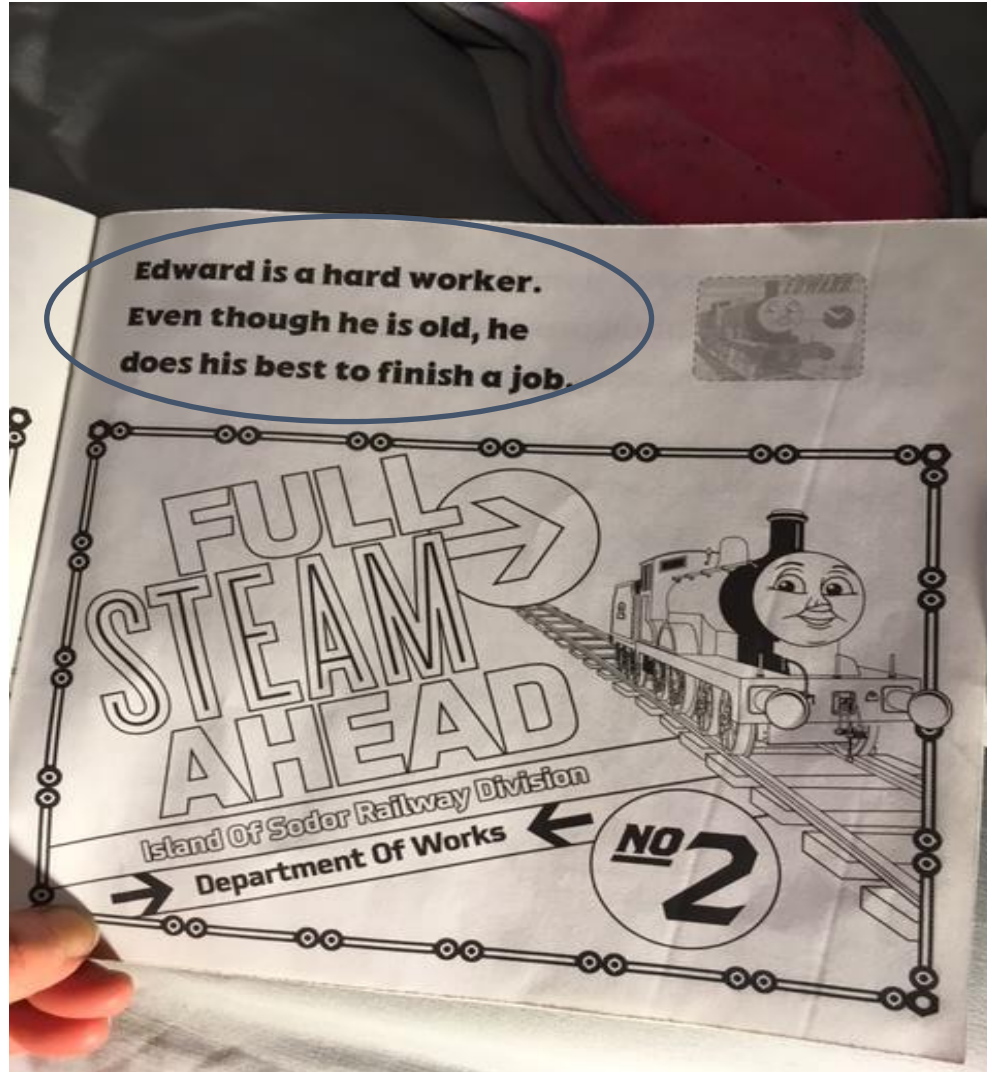
Where do you find ageism?

- Advertising
- 'Anti-Aging' products
- Greeting cards
- Internet
- Television / movies
- Social media

A Surprising Example of What We're Teaching Our Children



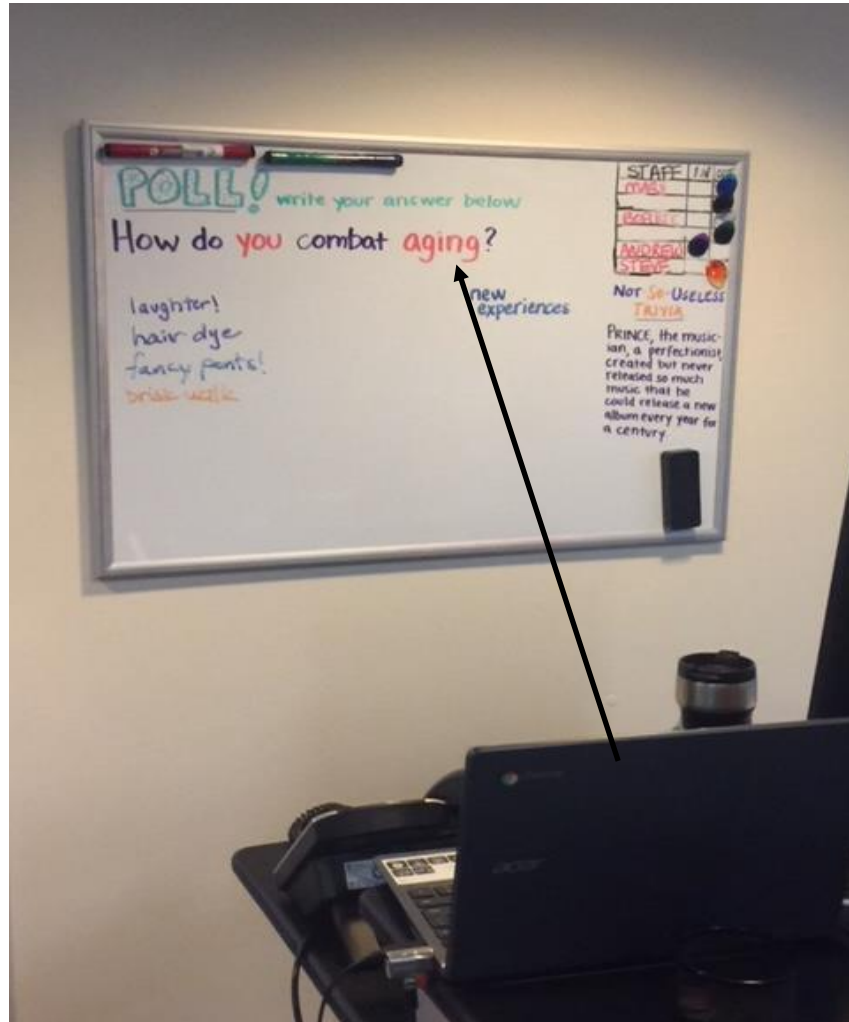
What You Find Inside the Book



Suggested revision:

Edward has worked here longer than any of the other trains, so he helps all the new trains learn how to do their jobs well.

Seen at YMCA in Madison WI



Change to:

How do you plan to stay healthy as you age?

OR

How can the Y help you stay healthy as you age?

5 Things You Can Do Now to Age Well (5 more tips next week)

1. Stop judging yourself by your physical appearance



2. Celebrate All Birthdays



3. Keep Learning

The screenshot shows the GetSetUp website interface. At the top left is the GetSetUp logo with a search icon. The navigation bar includes links for 'Classes', 'Schedule', and 'More', along with a 'Request a class' button. On the right, there is a phone number '1-(888)-559-1614' and a 'Log in' button. The main heading reads 'Learn with a Guide, Ask questions, Make new friends'. Below this, a banner indicates 'NEXT CLASS STARTS IN 21 HOURS'. Three class cards are displayed: 'Get Groceries Delivered To You' (11:00 AM, 09 Nov), 'Magic of Photo Apps! Turn Digital Photos into Works of Art' (12:00 PM, 09 Nov), and 'Get Started With Zoom for Beginners' (12:00 PM, 09 Nov). Each card features a 'Join' button and a representative image.

GetSetUp

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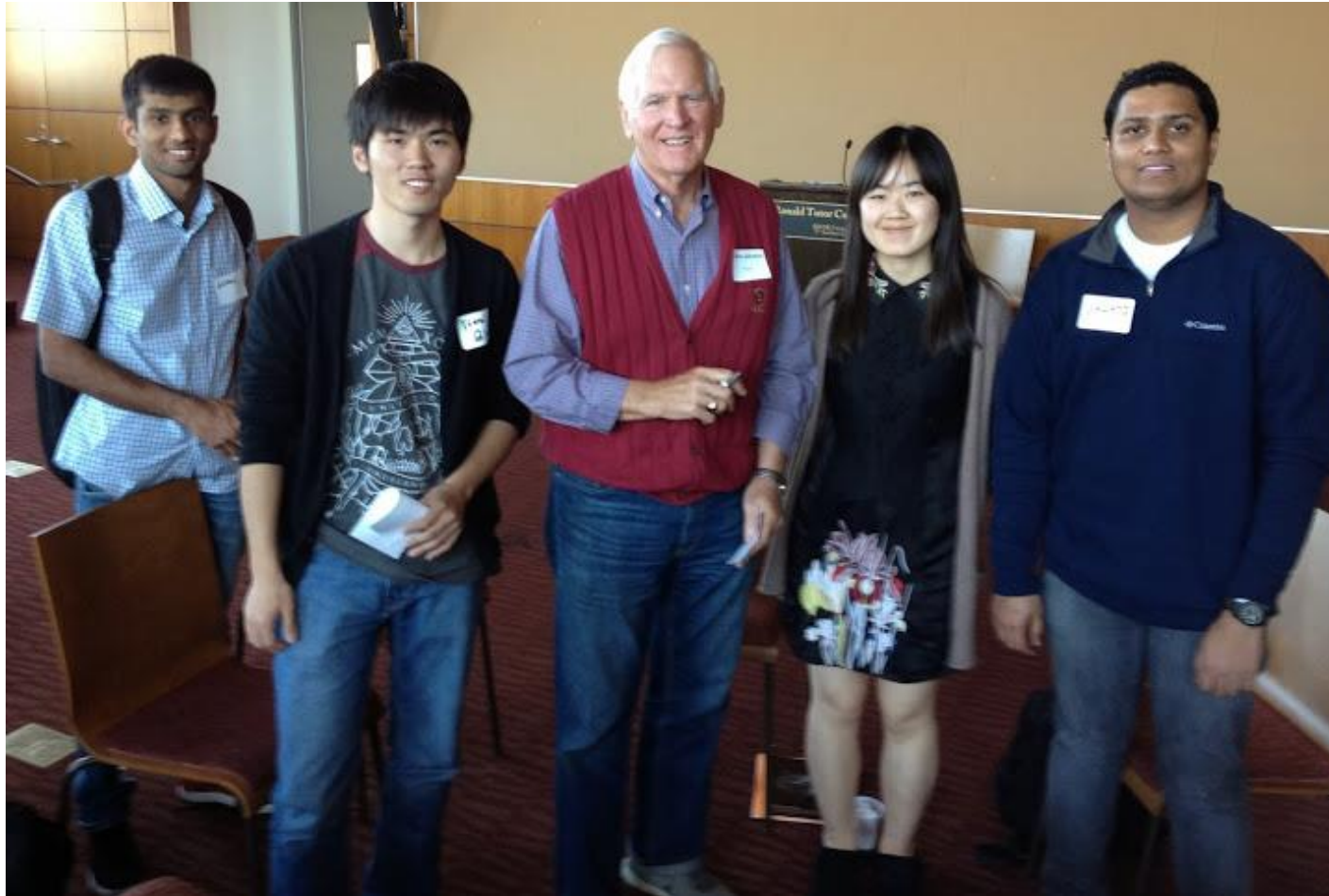
12:00 PM 09 Nov

Join

4. Give Back: Volunteer



5. Make friends in all generations



Discussion with Betsy Abramson

Executive Director, Wisconsin Institute for Healthy Aging

- How did you first learn about the work of Prof. Becca Levy?
- Is the problem with ageism mostly in society or within ourselves?
- If you've always thought about aging as something to fear, how can we change the way we think about it?
- What if you have serious health challenges as you age – are you still able to have a good quality of life?
- Is the quality of our later life really so much under our control?

Food for Thought for Next Week

- Many of us will lose friends and family members as we grow older. What will you do to stay in touch with people?
- What factors are under your own control that will allow you to enjoy your later years?
- What will you do / have you done to instill meaning in life when you are no longer working full/time?



Questions?

See you Tue, Nov. 17 at 7 PM
on Zoom (same link as today)

Norman Reiss

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YourAgeDoesntMatter.com