How to Successfully Age (Better Than Everyone Else)

Part Two

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February 23, 2017
Review the Facts of Life

1. All of us are going to die.
2. There are no other facts.

but......

“He who has a why to live for can bear with almost any how.”

Friedrich Nietzsche
Why Are You Here Today?

Looking for Ways to Connect

Want To Make A Difference

Trying to Be More Healthy

Seeking Fulfillment
Did the Homework Help?

- Talents
- Interests
- Meaning
- Energy
What Do I Have To Offer You?

Objectives:
1. How to take a deeper look at your current “self”. (done)
2. How to analyze your current “self”. (done)
3. How to dream about a future “self”.
4. How to take action towards your future “self”.

“Life begins at retirement!”
(author unknown)
A Review of Successfully Aging

It has nothing to do with age or beauty. It has nothing to do with chronological numbers.

Strive to maintain a high level of self-efficacy and well-being despite losses in an increasing number of psychological and biological capabilities.

“The secret of success is consistency of purpose.”

(Benjamin Disraeli)
A Review of Successfully Aging

It is also the ability to adapt to the later stages in life and still be content.

Successful Aging Comes From Within!

“I count him a great man who inhabits a higher sphere of thought, into which other men rise with labor and difficulty.”

(Ralph Waldo Emerson)
So Now What?

Thoughts to Ponder....

1. As we age, we are facing issues of our changing identity, our roles, our structure and our place in society.
2. This is a time of significant transition, whether internal or external and whether voluntary or forced by society.

“I’ve been attending lots of different seminars in my retirement. But now they just called “naps”!

(Marri Brownworth)
So Now What?

Thoughts to Ponder....

3. Life after retirement is being socially “re-framed”.
4. There is a shifting perspective to “excitement” and “possibilities” for people 50 and older.

“If people concentrated on the really important things in life, there would be a shortage of fishing poles.

(Doug Larson)
Why Do Most People Retire?

For at least half of 2,000 surveyed 50-70 year olds working full or part time, they checked the box “Would Enjoy Retirement Very Much” because they wanted:

1. To spend more time with family and friends (54%)
2. A chance to relax (48%)
3. A chance to have more fun (48%)
4. To receive retirement benefits from Social Security and pension payments (49%)
5. A chance to do things that they never had time for (47%)

Our Social Standing is Changing

• **Social Status**: Refers to your social position. “Any social position that you hold in relation to other people”. For example, you may be a mother, son, employee, coach, retiree and so on. Usually, we occupy many social positions simultaneously.

• **Social Role**: Refers to the behavior expected of individuals occupying a particular status, (i.e. what we expect a good mother, son, employee, employer, or retiree to do.) Accepting, understanding, and utilizing the role of retiree is an inevitable part of retirement process and one that takes both effort and time.
Our Social Standing is Changing

- **Social Norm**: Refers to the behavior expected of large groups of individuals occupying many different positions and playing many different roles. Often these expectations apply to all of us (obey the laws, pay your way, go to work, etc).

“What good will it be for a man if he gains the whole world, yet forfeits his soul?

(Matt. 16:26)
Life Course Theory

There is a connection from childhood into adulthood and “transitions” or “turning points” that can redirect the life-course.

As people travel through the life course, they are bombarded by changing perceptions and experiences. As a result, their behavior will change directions (sometimes for better and sometimes for worse).

There are key “turning points” to note where decisions and change happens.
Life Course Theory (cont.)

1) Socio-historical and geographical location – city, state, country, war, natural disasters, government

2) Timing of lives – ontogenetic time (age), associated cohort (ex. gen x), historical time (1600’s, 2015)

3) Heterogeneity or variability – gender, social class, ethnicity, religion, family structure
Life Course Theory (cont.)

4) Linked lives and social ties to others – birth order, mental and genetic DNA, physical and social traits

5) Human agency and personal control - opportunities, constraints, expected behaviors

6) How the past shapes the future - early life course decisions and opportunities affect later outcomes

“Our aspirations are our possibilities.”

(Robert Browning)
Our Life Course Theory Begs the Question....

If not now,

When?

“All men who have achieved great things have been dreamers.”

(Orison Swett Marden)
We “Feel” More Successful as We Age When We:

Align our time with our priorities....

Follow our interests & passions....

Express our abilities...

Use our energy to realize our dreams...

TIME
## Challenges and Saboteurs

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<td>Other Obligations</td>
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Pie of Life Exercise

Please turn around into groups of 2-3 people and discuss:

a. How did you split “Your Current Pie?”
b. How did you split “Your Future Pie”
c. What will you do about the difference?
# Does It Meet the Criteria?

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Examples of Greatness After 65

Peter Roget

_inventor of the Thesaurus_

Harlan David Sanders

_Inventor of Kentucky Fried Chicken_

Anna Mary Robertson Moses

 painter
What Do You Need to Do to Re-Calibrate?

Minimize?
Set Aside?
Mentally put away?
Open up your margin space?

“If you don’t know where you are going, you will probably wind up somewhere else.”

(Dr. Laurence J. Peter)
Set Goals

S – Smart
M – Measurable
A – Attainable
R – Realistic
T – Time-framed

“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”

(Vince Lombardi)
Next Steps to Successfully Aging

Choose to see the joy
Choose to mentally be successful (It will show!)
Strive to fulfill at least one important goal you have

“Remember that you are needed. There is at least one important work to be done that will not be done unless you do it.”

(Charles Allen)
Homework – Your Successful Life
To Age Successfully...

“Try not to become a man of success, but rather try to become a man of value.”

(Albert Einstein)

"Tell me, what do you plan to do with your one wild and precious life?"

(Mary Oliver)
Before You Go...

1. Make sure you have your pie homework and the Senior Fitness Assessment information on the back side.

2. Make sure you plan to come to the Senior Fitness Assessment on March 4th.

3. Pat yourself on the back as you head down the road of self-restoration, re-calibration and renovation!