



Reimagining Aging
Transitioning from Senior to Sage
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Wichita State University's
Positive Aging Day

Introduction

- ▶ Name
- ▶ Number of years of life experience
- ▶ One or two words describing what your senior years have brought to your life

GENTLE REMINDERS

CONFIDENTIALITY

MUTE OR SHUT OFF CELL
PHONES

LISTEN RESPECTFULLY

SPEAK FROM YOUR HEART

PASS IS ALWAYS AN OPTION

OUR TIME TOGETHER IS NOT
THERAPY



Seniors in America

- ▶ In 1900 there were 3 million older Americans defined then as people over 65
- ▶ Today more than 50 million adults are 65 years of age
- ▶ People 85 and over are expected to grow 6 times over the next 50 years
- ▶ The number of people over the age of 65 is expected to double by 2060 to 95 million
- ▶ Boomer generation (born between 1947 - 1967) is changing our society

Marcia G. Ory, Distinguished Professor of
Environmental and Occupational Health
Texas A & M University

Role of the Elder Through History

- ▶ Prior to the Industrial Revolution Elders played a special role in society as teachers, spiritual leaders and political advisors
- ▶ With the Industrial Revolution this role is minimized and in many cases lost entirely
- ▶ Currently there is a new model of the Elder and a revered status of the Elder
- ▶ New paradigms of social responsibility, ecological awareness, consciousness development and spirituality

The Emotional Impact of Aging

- ▶ Loss of loved ones and friends
- ▶ Increased social isolation & loneliness
- ▶ Anger & bitterness
- ▶ Grief
- ▶ Declining physical & cognitive health
- ▶ Others

PICKLES



I REFUSE TO THINK OF MYSELF AS OLD. IF YOU THINK OF YOURSELF AS OLD, YOU START FEELING AND ACTING OLD.

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What is an Elder



Elders are the jewels of humanity that have been mined from the earth, cut in the rough, then buffed and polished by the stonecutter's art into precious gems that we recognized for their enduring value and beauty.

Reb Zalman



My mom - Delores - the Wise Elder

Traits of Elders in Your Life

- ▶ Spend minutes reflecting on the traits of elders in your life that you admire and want to emulate
- ▶ Each of you has 5 minutes to share while intentional listening is done by the other person - then the other person talks while you listen intentionally
- ▶ One person takes notes while the other person shares and when we return to the group we will reveal the traits

HARVESTING YOUR WISDOM





Sage-ing

A New Way of Living

- ▶ Sage-ing is a new way of living the second half of our lives that is joyful, fulfilling and beneficial. Sage-ing involves personal and spiritual growth, making deeper connections with our friends and family, developing new passions and giving back through service to others.
- ▶ Sage-ing means living our later years creatively and with purpose; it means harvesting the accumulated wisdom of our years and sharing it with the next generation and add more years to your life and more life to your years.

For Old Age

**To Bless the Space
Between Us**

John O'Donohue



Resources

To Bless the Space Between Us - A book of Blessings- John O'Donohue

From Age-ing to Sage-ing - A Revolutionary Approach to Growing Older
Zalman Schachter-Shalomi and Robert Miller

Seniors in America - Marcia G. Ory, PhD Distinguished Professor of
Environmental & Occupational Health - Texas A & M University

Pickles - Wichita Eagle

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