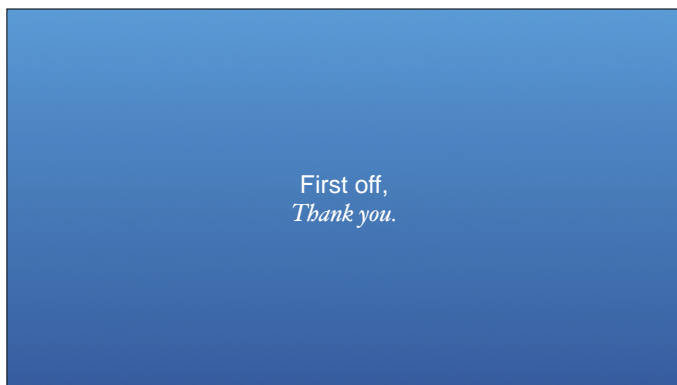




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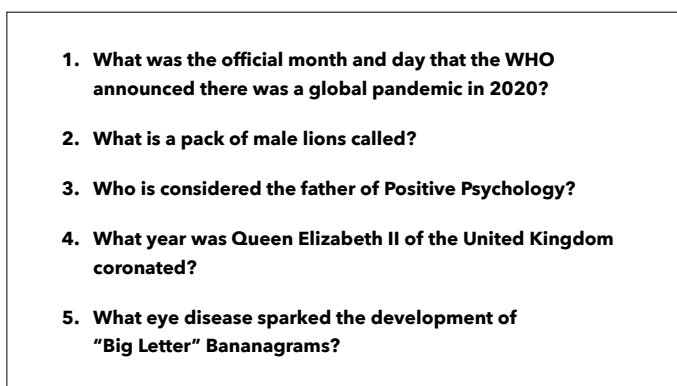
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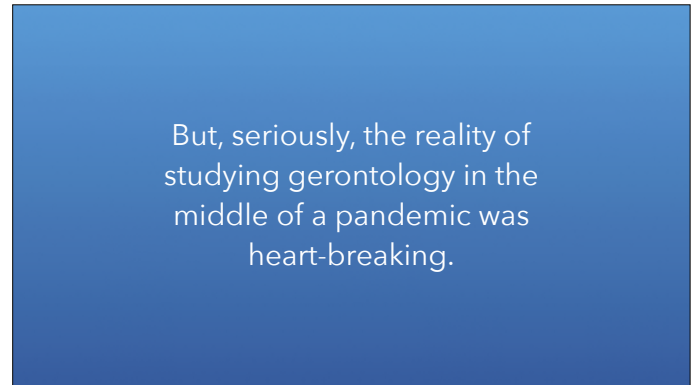
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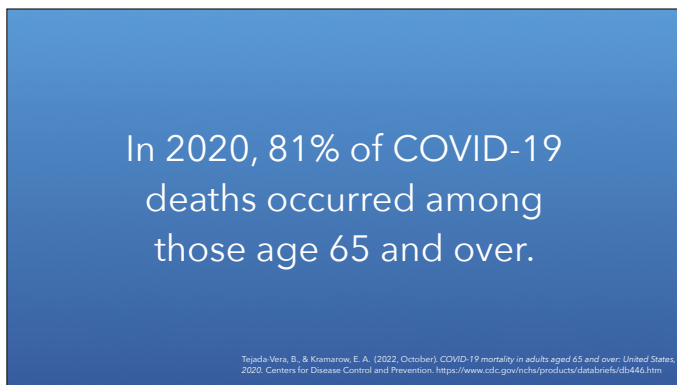


13



But, seriously, the reality of studying gerontology in the middle of a pandemic was heart-breaking.

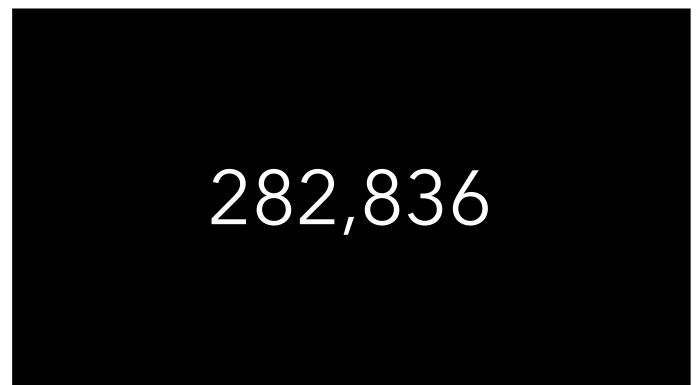
14



In 2020, 81% of COVID-19 deaths occurred among those age 65 and over.

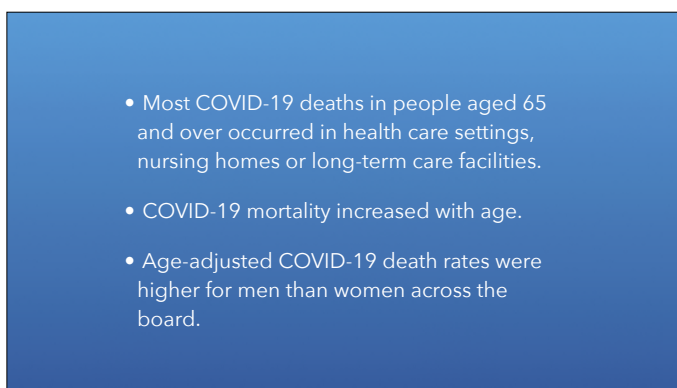
Tejada-Vera, B., & Kramarow, E. A. (2022, October). COVID-19 mortality in adults aged 65 and over: United States, 2020. Centers for Disease Control and Prevention. <https://www.cdc.gov/nchs/products/databriefs/db446.htm>

15



282,836

16

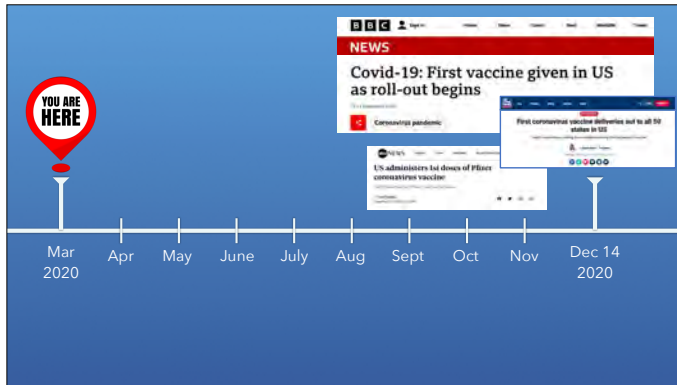


- Most COVID-19 deaths in people aged 65 and over occurred in health care settings, nursing homes or long-term care facilities.
- COVID-19 mortality increased with age.
- Age-adjusted COVID-19 death rates were higher for men than women across the board.

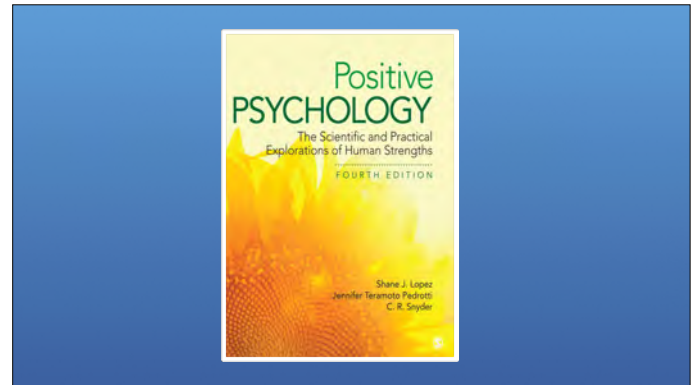
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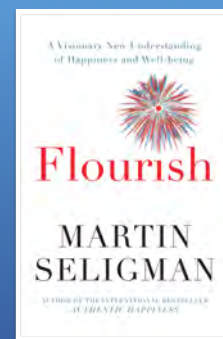


20

My initial curiosity in selecting the course was to explore how positive psychology and gerontology might intersect.

The pandemic gave me a chance to see this interplay in action.

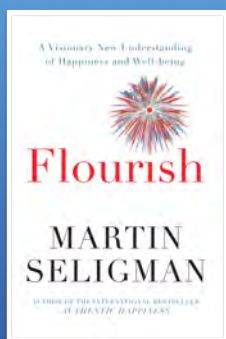
21



Positive psychology is the scientific study of **human strengths and virtues**.

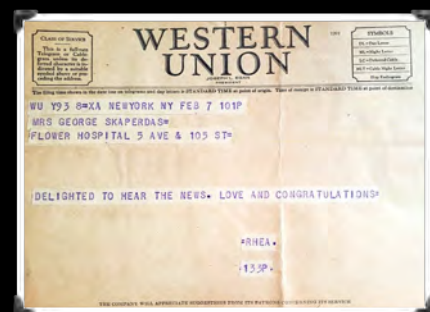
The Well-Being Theory considers positive emotion, engagement, relationships, meaning, and achievement as related to our ability to thrive in life.

22



What idea can I come up with to help my older people get through this period of time?

23



24



25



26

FEEDBACK after 6 wks

"What a delight to stay so vividly connected to the grandson's lives! - to appreciate how they are growing right before our eyes...We look forward to receiving our Grand-o-Gram each night. **Anticipation is good!**" - Ed Kail

"G-o-G's have been a lifeline to a sense of well-being at the end of a day (throughout this whole nightmare). Details have always been SO important to me. When I see the overview of the boys' day, I always laugh about how we ask kids, 'How was your day?' And they inevitably answer 'Fine.' The problem with that for me was always that I was HUNGRY for details. Any and all details. What you give as a gift each night are the DETAILS! And in the most uplifting way...set to music and narrated by the voices I long to hear. **It is the most beautiful, happy way to end the day...**in such a treacherous, unnerving time!" - Mary Sharp

27

Grand-o-grams reinforced the value of ANTICIPATION and GRATITUDE in our lives.

28

"Looking forward to things is half the pleasure of them."

- From Anne of Green Gables written by Lucy Maud Montgomery (1874-1942), Canadian author

29

Make something up.

Choreograph positive anticipation in the lives of your older people.

This will elicit positive emotions and cultivate gratitude.

30

Experiencing
GRATITUDE

has so many positive outcomes
that it is pretty well considered
the poster child of positive
psychology at this point.

31

BENEFITS of GRATITUDE

Positive emotions, vitality,
optimism, hope,
satisfaction with life, more
empathy, patience, ability
to share, forgive, and give
to others, less depression,
more perceived meaning
in life, stronger
relationships, and higher
psychological, spiritual,
and physical well-being

32

A Quick Exercise

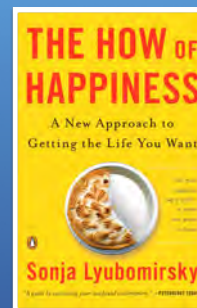
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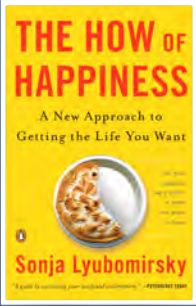


35



8 Reasons to Embrace an
"Attitude of Gratitude"

36



THE HOW OF HAPPINESS
A New Approach to Getting the Life You Want
Sonja Lyubomirsky

- Promotes savoring
- Improves ability to cope with stress and trauma
- Encourages moral behavior
- Bolsters self-worth
- Builds social bonds
- Inhibits invidious comparisons
- Overrides negative emotions
- Thwarts hedonic adaptation

37



ANTICIPATION
+
GRATITUDE

38



1 2 3

39



NHS
Education for Scotland

CROSSREACH
providing a caring future

40



OUR BELOVED QUEEN IS DEAD

41



The death of the Queen
put the whole country in a
state of reflection.

42

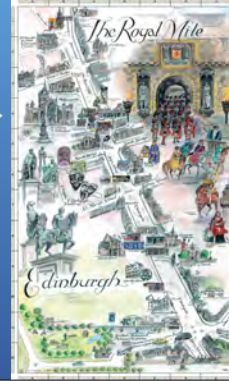
September 12, 2022



The Procession of the Queen's Coffin Along the Royal Mile in Edinburgh, Scotland

43

St. Giles' Cathedral



Palace of Holyroodhouse

44



45



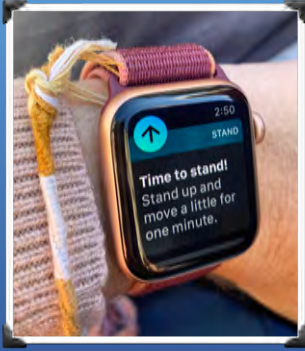
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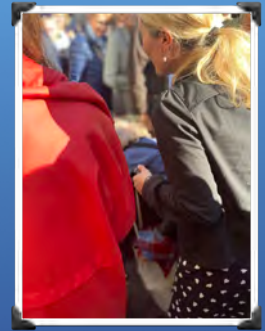
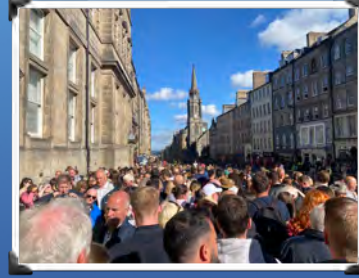
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48



49



50



51



Sally Clark traveled by train to Edinburgh with her mother, Veronica.

"My Mum's first experience of watching TV was seeing the Queen's coronation at a friend's flat in Edinburgh when she was a little girl."

[from an e-mail correspondence]

Veronica was 7 years old at that time - in 1953.

52

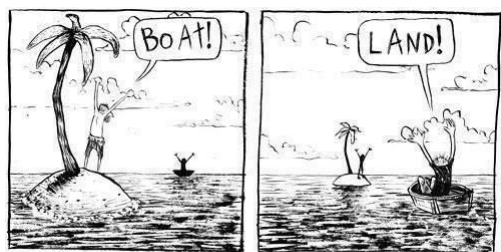


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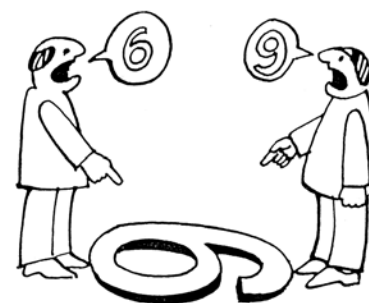
PERSPECTIVE-TAKING

is the ability to see a situation or circumstance from the vantage point of another, imagining that person's point of view, experience, beliefs and feelings (which is where empathy kicks in).

54



55



56



57

St. Giles' Cathedral



"We were really lucky because one of the stewards came and spoke to us after we'd been queuing for a while and she offered to take us and other people who were in wheelchairs to join the accessible queue near the National Museum for Scotland. It was a huge help and we were so grateful to be able to go into the Cathedral to say our goodbyes to the Queen. We found it very emotional being there and seeing her coffin."

- an e-mail excerpt from Sally Clark on Sept. 16, 2022

58



59



Simon Wallman-Girdlestone

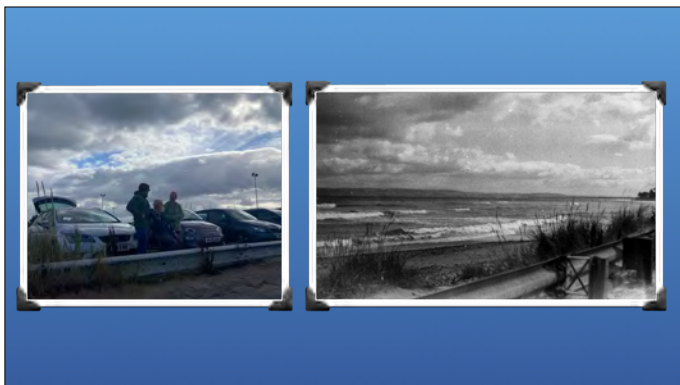
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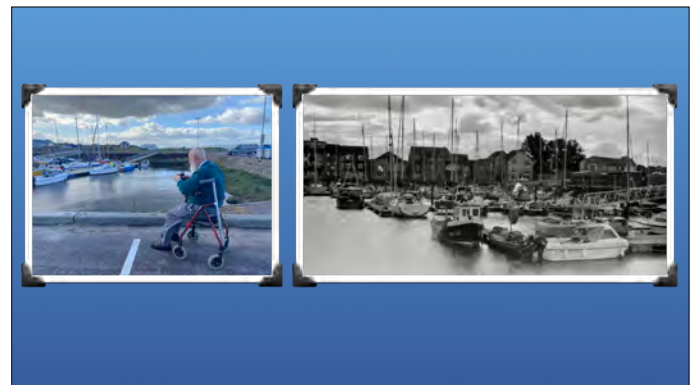
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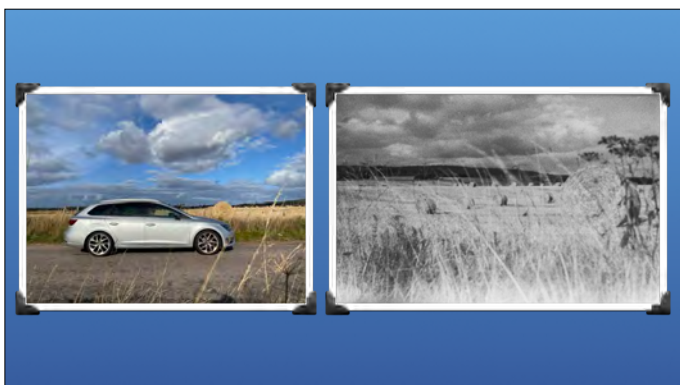
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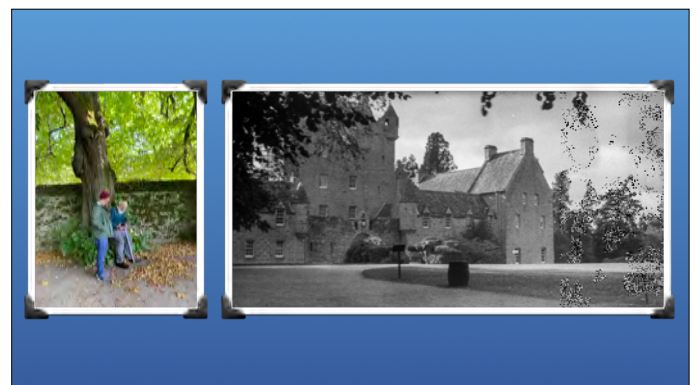
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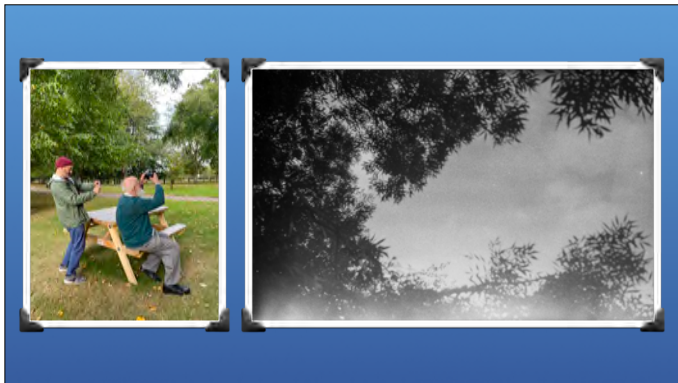
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The
Search
for
Words

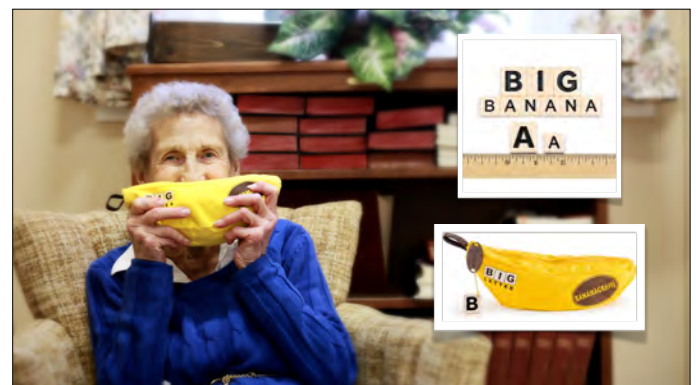
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79

They are working to help those who experience a loss of vision.

What about those experiencing
a loss of words?

80



81

Watch out for
ASSUMPTIONS.

82

And if we are going to make 'em,
let's assume the best.

83

Be open. Curious. Optimistic.

Explore. Experiment. Try.

"Allow yourself to go and do it wrong."

- Darren Hardy from The Compound Effect

84

Because this is how we learn.

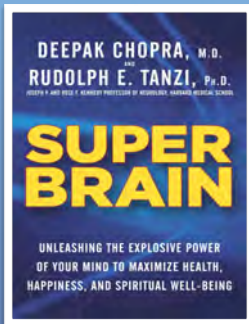
And this is how we begin to
stop underestimating others as
well as ourselves.

85



A Quick Exercise

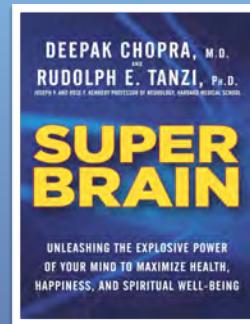
86



"One of the unique things about the human brain is that **it can do only what it thinks it can do**. The minute you say, 'My memory isn't what it used to be' or 'I can't remember a thing today,' you are actually training your brain to live up to your diminished expectations. Low expectations mean low results..."

Chopra, D., & Tanzi, R. (2012). *Super Brain: Unleashing the explosive power of your mind to maximize health, happiness, and spiritual well-being*. Harmony Books.

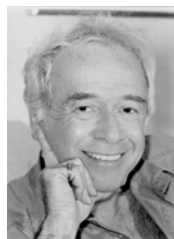
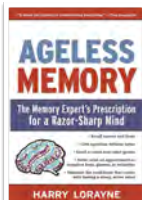
87



...The first rule of super brain is that your brain is always eavesdropping on your thoughts. As it listens, it learns. If you teach it about limitation, your brain will become limited. But what if you do the opposite? What if you teach your brain to be unlimited?" (p.16)

Chopra, D., & Tanzi, R. (2012). *Super Brain: Unleashing the explosive power of your mind to maximize health, happiness, and spiritual well-being*. Harmony Books.

88



The New York Times



Harry Lorayne, Dazzling Master of Total Recall, Is Dead at 96 (April 7, 2023)
A memory expert and magician who was a favorite guest of Johnny Carson, he astonished audiences by rattling off the names of hundreds of people he had only just met.

89



How will you choose to develop your skills to better use your instrument?

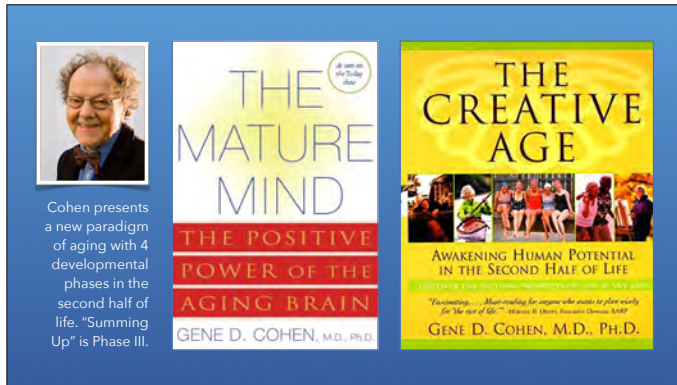
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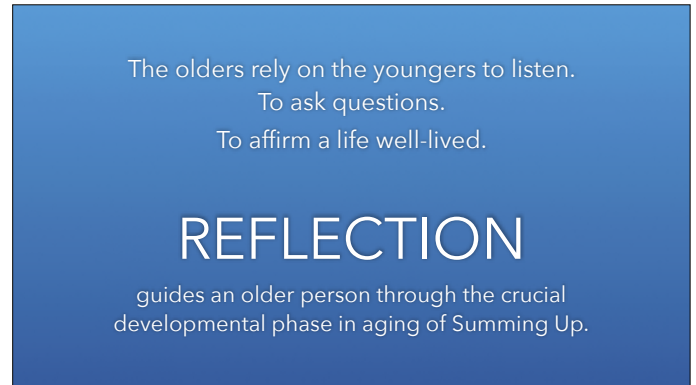
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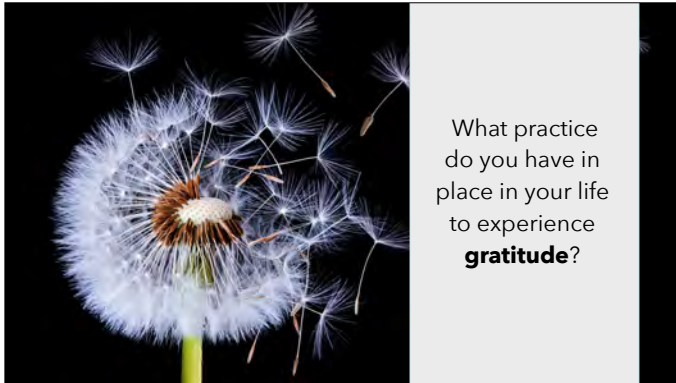
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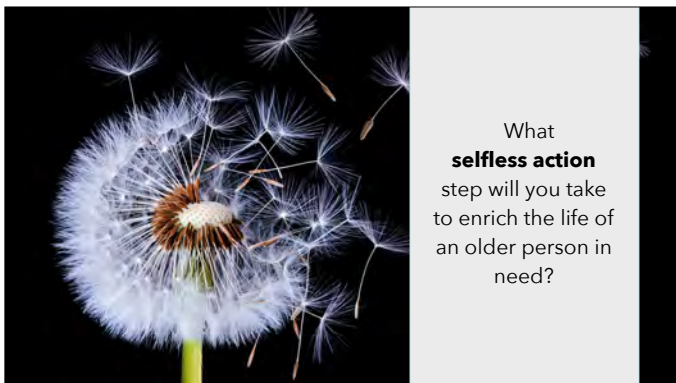
What practice do you have in place in your life to experience **gratitude**?

103



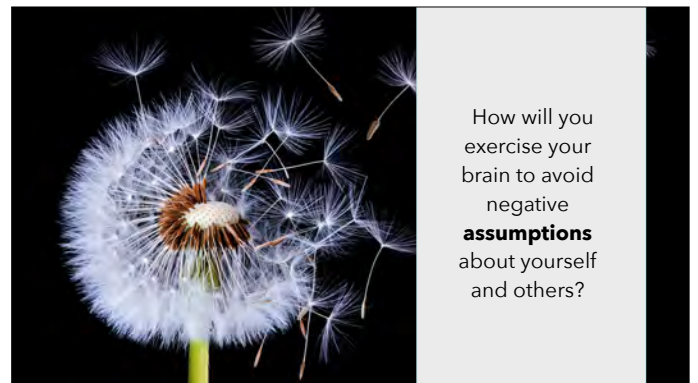
How will you use the concept of **perspective-taking** to improve your relationships at work and at home?

104



What **selfless action** step will you take to enrich the life of an older person in need?

105



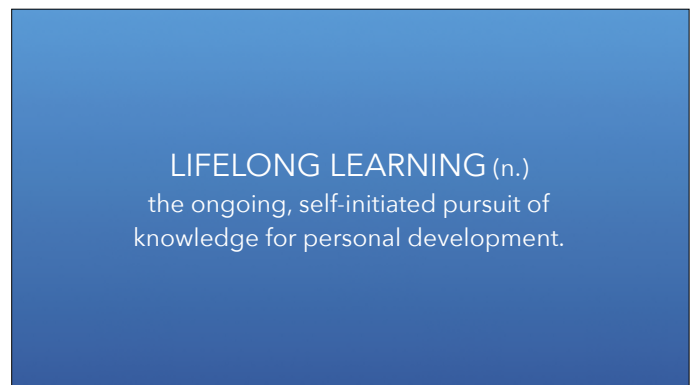
How will you exercise your brain to avoid negative **assumptions** about yourself and others?

106



Who will you help with **reflection** and how will you capture the details shared?

107

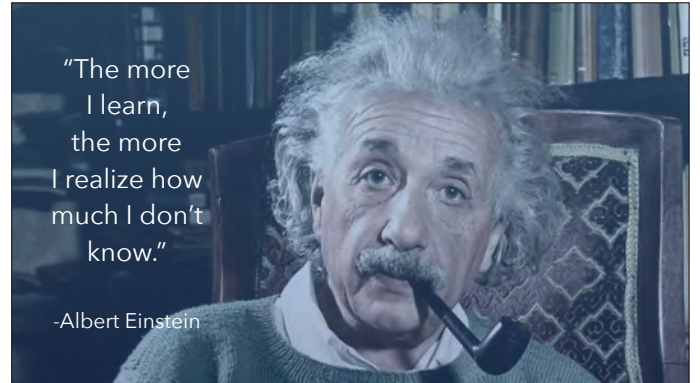


LIFELONG LEARNING (n.)
the ongoing, self-initiated pursuit of knowledge for personal development.

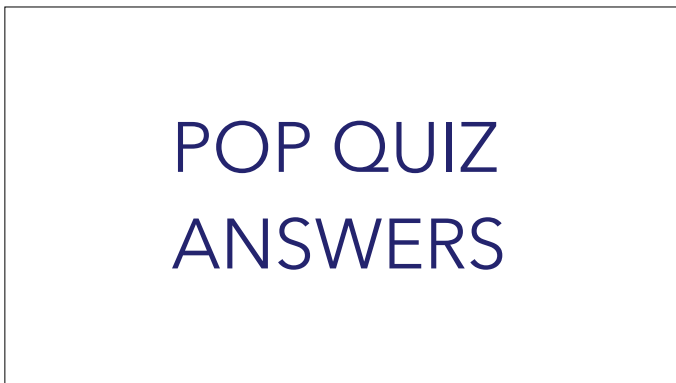
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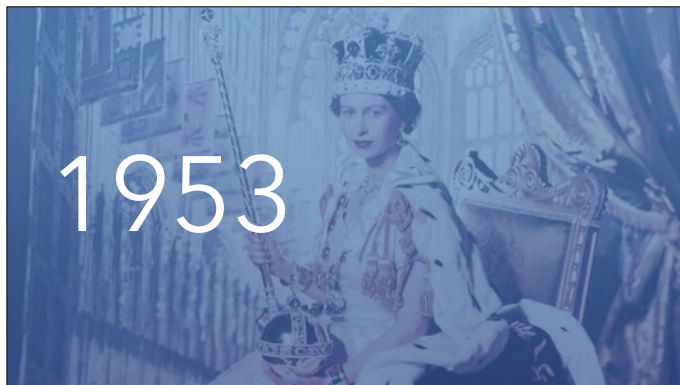
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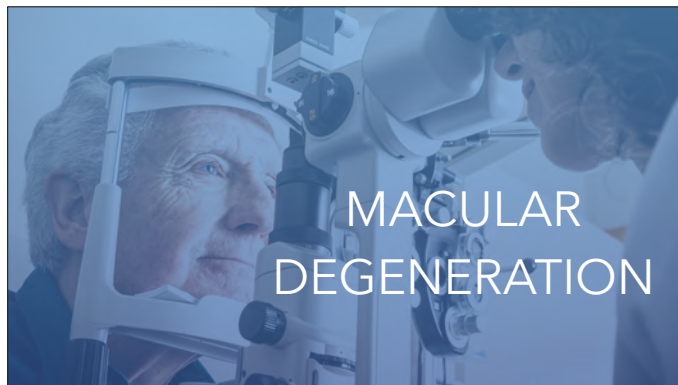
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115



116

How Your Beliefs About Aging Determine How Long & Well You Live

BREAKING THE AGE CODE

BECCA LEVY, PhD

"For those of us who aren't yet old, instead of viewing ourselves as fundamentally different from older people, it's helpful to think of ourselves as older people in training."

[p.160]

117

How Your Beliefs About Aging Determine How Long & Well You Live

BREAKING THE AGE CODE

BECCA LEVY, PhD

"In this light, your negative age beliefs can be recast as a prejudice against your future self."

[p.160]

118



119

Identifying as an
OLD PERSON IN TRAINING
 keeps us mindful.

We stay awake to the concept of our future selves **and** present for the older people who need our respect now.

120

**"The richest lives are led by those
who are most fully immersed in
the work of caring for others."**

- Dr. Bill Thomas (founder of the Eden Alternative and author of *Life Worth Living*)

121



Presented by
RACHEL KAIL

122