Shatter the Lies Reinventing Retirement and aging for A Fulfilling Second Act
Transitions are a part of life! Retirement one of the biggest!

How we handle them makes all the difference!
Transitions are...

Move us from one place to another!
They can be good or bad!
Move us to our destiny or away!
Transformational Learning

- Jack Mezirow - Columbia University - Sociologist

- “Learning is about transformation, it's about change, it's about seeing yourself in relation to the world differently,” (Apte, 2003, pg. 168).

- False Horizons

- Negative messages
Mezirow found that change involves taking things we believed and thought as a child and using critical reflection to challenge those beliefs in impactful ways.
The way to right wrongs is to turn the light of truth upon them.

~

Ida B. Wells
R - Reconnaissance

- Seek out the enemy misconceptions
- Our enemy is false horizons
- Our enemy is negative messages
- Our enemy limits what we think we can do
- Our enemy can limit our choices
Let's start learning

- Quiz time for Prizes
- First to answer correctly wins
Older adults cannot learn new things?
False Check out this website [10 Myths About Aging | National Institute on Aging (nih.gov)] this is not true, so don’t let it stop you from growing and learning.
Most older adults (past 65 years) will develop dementia.
False 1. Most older adults (past 65 years) will develop dementia. Check out this website for information

Alzheimer's Facts and Figures Report | Alzheimer's Association

Association Five percent of people aged 65 to 74, 13.1% of people aged 75 to 84, and 33.3% of people aged 85 or older have Alzheimer’s dementia. It is not a part of aging for all people.
Personality changes with age.
True Though this is true to a certain extent, personalities can change for the better. Age can bring wisdom, knowledge, and a calmness and focus that we don’t consistently achieve in our younger years.

https://psychcentral.com/health/personality-changes-with-age#personality-and-age
Clinical depression occurs more frequently in older than younger people.
False Though we all may feel down with life circumstances, this is a normal part of life, not aging. Find all the information at

https://www.cdc.gov/aging/depression/index.html
Older adults have more trouble sleeping than younger adults do.
True Due to medicines, lack of activity, less scheduled sleep time, along with other factors

https://www.sleepfoundation.org/aging-and-sleep
All women develop osteoporosis as they age. Though many women will get osteoporosis, it is far from all.
False Many women will get osteoporosis, but it is far from all. This website will help with best practices and treatments.

https://www.bonehealthandosteoporosis.org/preventing-fractures/general-facts/what-women-need-to-know/
Break out Session words can be our enemies or friends!

- Discussion
- Introduce yourselves
- Make a list of positive words associated with aging
- Share
Break out Session words can be our enemies or friends!

- Make a list of negative words associated with aging
- Share
A- Analyze

- Analyze for truth
- Take it from the right emotion to left logic
- If it’s a lie toss it away
- Repeat above
I- Investigate

- I investigate for truth
- We have done some already
- Let's talk about agism and how it distorts the truth
Ageism

Ageism is discrimination against individuals or groups on the basis of their age. The term was coined in 1969 by Robert Neil Butler to describe discrimination against seniors, and patterned on sexism...
Does anyone have an Agism example to share? Either as a young person or older adult.
S- Support

- Groups like AARP
- ASA
- Your Doctor
- A good friend or family
- Form or join a group
- A coach
Review what we have learned!

Question and Answers