An hourglass with a silver frame and green beads. The top bulb is full of beads, while the bottom bulb is empty, with a thin stream of beads falling from the narrow neck. The background is a soft, out-of-focus grey.

# 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

# Transformational learning ...cont

- ▶ Mezirow found that change involves taking things we believed and thought as a child and using critical reflection to challenge those beliefs it can impact our transition in powerful ways.



The way to right wrongs  
is to turn the light of  
truth upon them.

~

Ida B. Wells

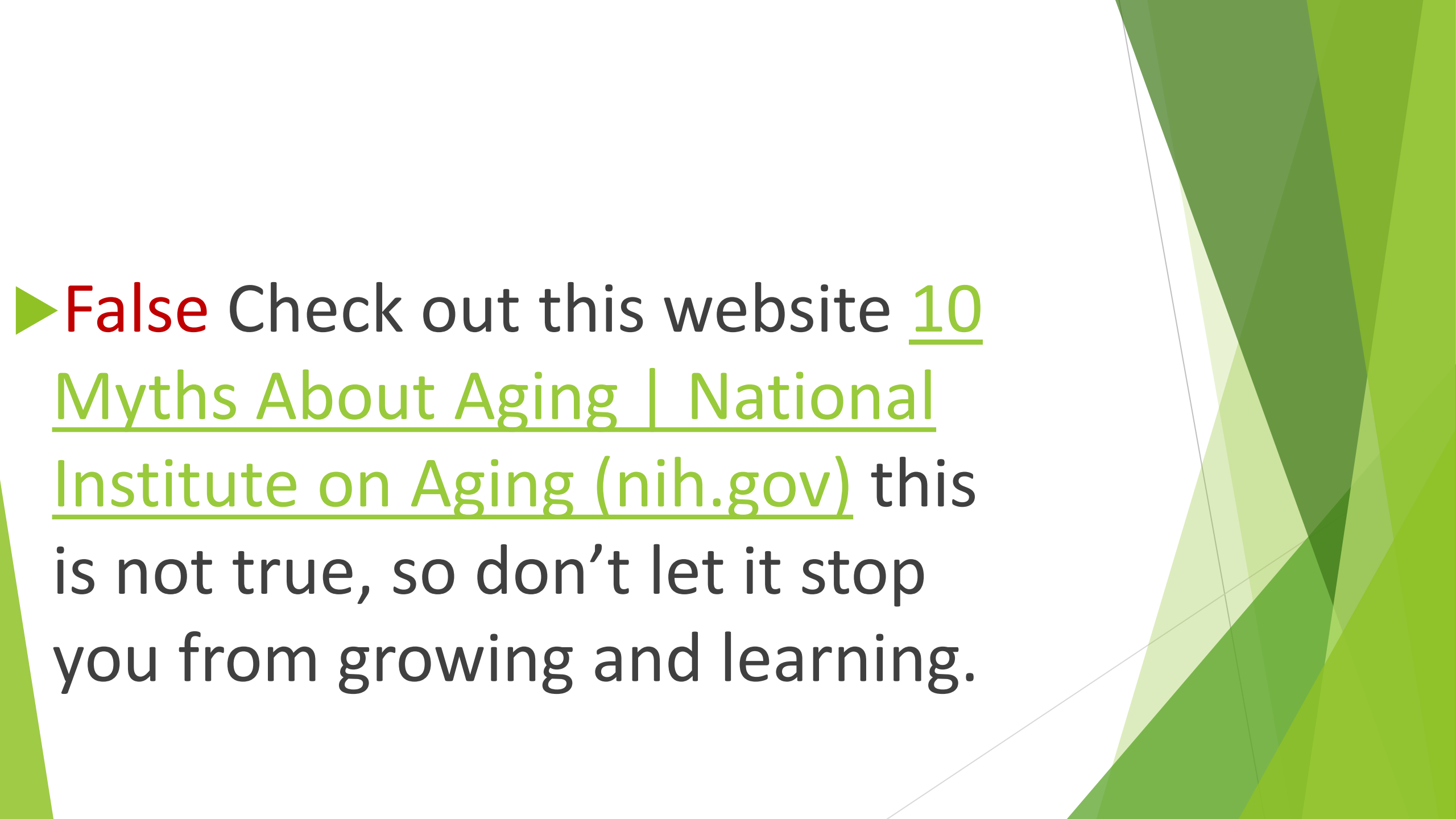
# R- Reconnaissance

- ▶ 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

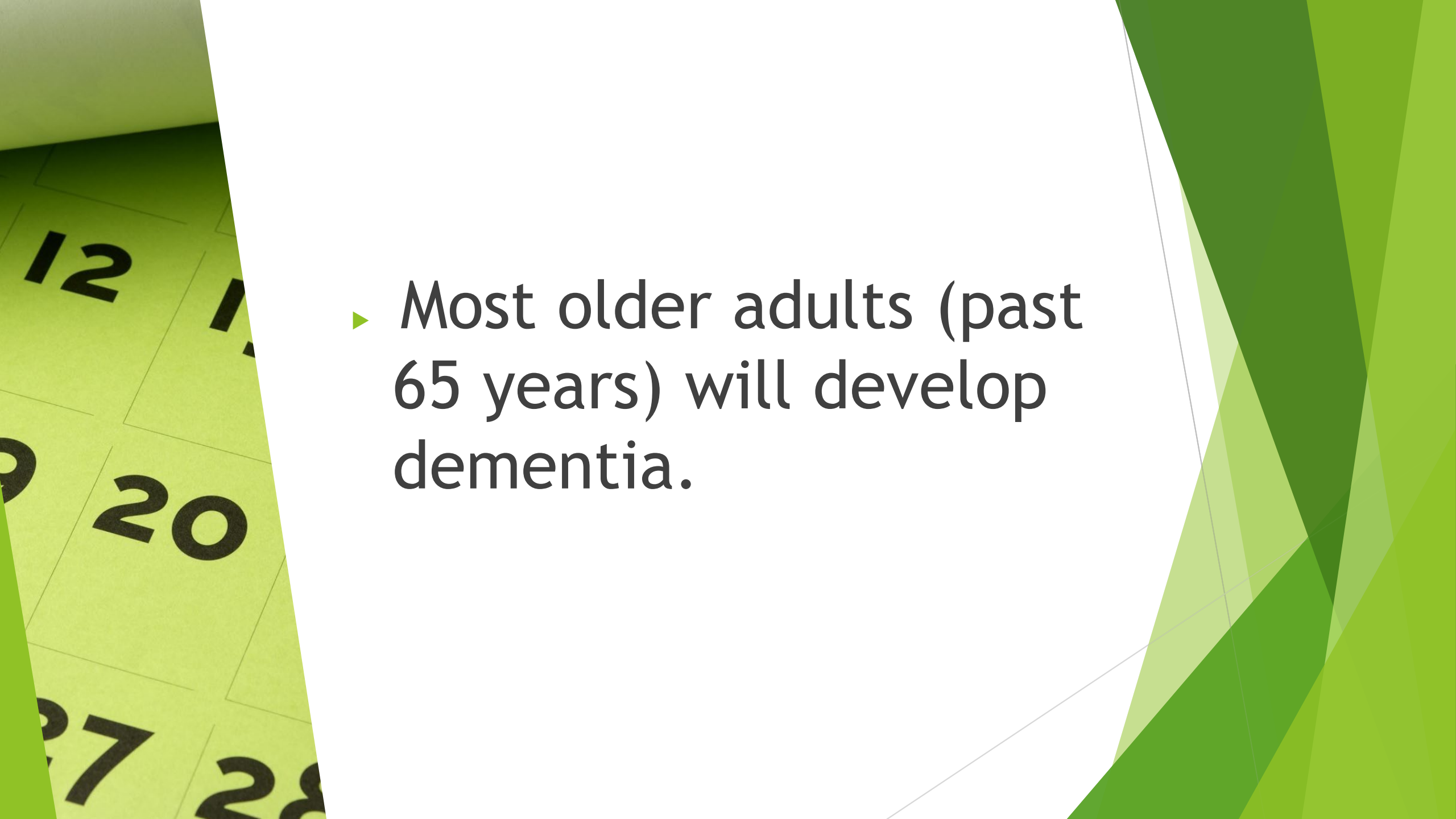
Let's start learning

- ▶ Quiz time for Prizes
- ▶ First to answer correctly wins

▶ Older adults cannot learn new things?

The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

► **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](#) 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

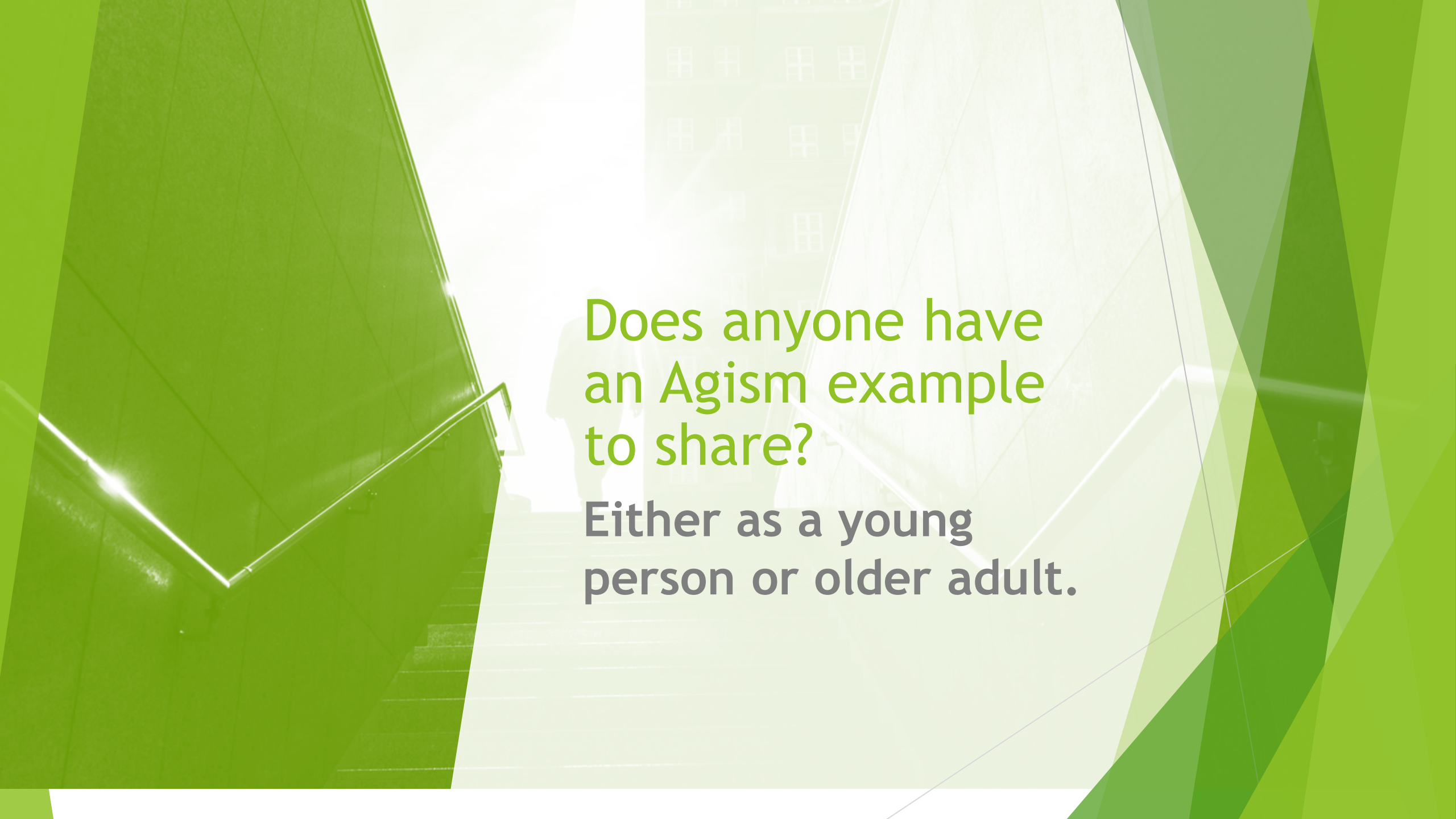
# I- Investigate

- ▶ I investigate for truth
- ▶ We have done some already
- ▶ Lets 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

## E- Engage

Review what we have  
learned!

Question and Answers