

A ROADMAP TO POSITIVE AGING

Nancy K. Schlossberg

Author and Professor Emerita, University of Maryland

Masterpiece Living Lyceum, Keynote Speaker

April 15, 2015

A Psychological Portfolio

- Identity—Adopt a Positive Attitude
- Purpose—A Reason to Get Up in the Morning

Develop A Mission

Choose A Path

- Relationships—Focus on Social Relationships

Why Mattering Matters

- Dimensions of Mattering
Attention, Importance, Appreciated, Depended Upon, Object of Pride
- Mattering Recipe

Stories of Resilience

My Story

Ted Kennedy, Jr.

Itzak Perlman

Selected References

Ken Burns, “Cancer the Emperor of all Maladies”—Documentary, March 2015

Levy, B. R., Slade, M. D., Murphy, T. E., & Gill, T. M. (2012). Association between positive age stereotypes and recovery from disability in older persons. *Journal of the American Medical Association*, 308, 1972-1973.

Rosenberg, Morris; McCullough, B. Claire (1981). Mattering: Inferred significance and mental health. *Research in Community and Mental Health*, 2, 163 – 182.

Schlossberg, N.K.(2009). *Revitalizing Retirement*. Washington, D.C. American Psychological Association.

Vaillant,G. (2002). *Aging Well*. New York: Little, Brown and Company.