Aging through the ages

The FUTure

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Summary:**

In this session we glimpsed into what the future of aging in our country might look like, from technology available to support our health to actions we can collectively and individually take to change common perceptions of aging.

*“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.”* – Mandy Hale, New York Times best-selling author

# NOTES:

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# Sharing Your Wisdom.

Take a few minutes to reflect on your own life learnings. Artist [Susan O’Malley](https://www.kqed.org/arts/10436300/celebrating-the-life-of-artist-and-curator-susan-omalley-1976-2015) interviewed more than 100 people from all walks of life and shared their responses in her book “Advice from My 80-year-old Self (Real Words of Wisdom from People Ages 7 to 88)” including:

* It gets more fun!
* Stay in touch with friends.
* Save your money: you’ll need it.
* Travel before your knees give out.
* Look to others for help and to help.
* You can’t change anyone except yourself.

What advice would you give to your younger self?

What advice would you consider sharing with someone from a younger generation?

What advice did others in the group share to which you can relate?

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kaizen step

1) Goal I want to accomplish: (Example: Share my knowledge on how to stretch a monthly budget with someone who could benefit - i.e., youth beginning careers, single parents, a family member, etc.)

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2) One step I could take toward that goal: (Example: Help plan out a food/grocery budget.)

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3) Ways I can break step above into smaller actions: (List as many actions as you can think of, even though you may not choose to act on all of them. Example: Determine shopping allowance for week/month, find economic healthy recipes, stick to shopping list, split BOGO deals, buy only what is needed, review restaurant menu before going, use grocery and restaurant coupons, etc.)

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