

April 21 - Session 3
Participant's responses to
"What can we do to age with gusto?"

(* Marks repeated thoughts)

Personal

Look up not down
Beware of messages
Decrease stress
*Keep on learning
*Self-reflection
*Exercise, move more, dance!
**Balance – physical and all other
It's all the little things that adds up to something big
**Spiritual balance
*Travel (local/outside)
Get more diversity of thinking and interaction
**Keep on laughing
Be proud of your age
**Cultivate friendships of all ages
No excuses based on age
*Diet, eat healthy
*Pay attention to health
Lifestyle
Own who you are!
Breath

Family

*Define who family is – What does family mean?
Talk to husband about future
*Create living will and power of attorney
Make plans for who gets what
*Set an example
Talk to people all generations
Own and model your age
Appreciate what you have and had
*Clear the air if needed (face family issues)
*Share your feelings
Stay connected
Move closer (or further away!)
Be positive role model for younger generation
Talk about future
*Share family stories



- *Share what you want people to remember
- *Talk with family openly re age, wisdom with laughter
- Welcome diversity
- Appreciate your heritage
- Sharing your stories

Community

- Telling the stigma of aging
- Method acting for positive aging
- Intergenerational opportunities
- Transportation
- Living connectivity intergenerational
- Be a role model
- Avoid people who don't want GUSTO!
- Surround yourself with "Gusties"
- See people as people
- Find a way to contribute idea, talent, time
- **Get to know your neighbors
- *Get more involved civically, society, faith community, etc.
- Volunteer, volunteer, volunteer!
- Offer your time and treasures
- Engage folks who need a voice
- Become a "gustie"
- Reachout to others who are isolated
- Create opportunities to engage

Society

- Change the definition of aging – aging=breathing
- Open minds – listening
- Welcoming all
- **Awareness of "ageist" language
- Organizing a protest
- Education on mental health and other health issues
- Intergenerational interactions
- New types of living options
- Better viewpoints, less stigma
- Government policy (housing/medical system)
- Be in communication with lawmakers
- *Advocate change/advocacy groups
- *Participate in political process
- Create mixed age groups for projects
- Embrace diversity
- Write letters to the editor, etc
- Vote, encourage others
- *Show up – speak up, never give up