

Human Values in Aging Newsletter – June 1, 2009

AARP Office of Academic Affairs
H.R. Moody, Editor

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PURPOSE IN LATER LIFE

Carl Jung once remarked that a human being would not live to be seventy or eighty years of age if this longevity had no meaning for the species. "Surely the afternoon of life must have a significance of its own," he said, instead of being merely a pitiful appendage to life's morning. But what is the meaning of the last stage of life?

Some recent books point us in the direction of finding a deeper sense of purpose:

"This longer life span is not ours simply so we can keep being a twenty-year-old for another seventy years. It's to allow us to grow up and give back."

From **WITH PURPOSE: Going from Success to Significance in Work and Life** by Ken Dychtwald and Daniel J. Kadlec (HarperCollins, 2009)

"There is no doubt we are all products of a society that teaches us that aging is descent. We are taught that maturity signals the end of meaningfulness and to grow old is to grow irrelevant...

[But elders] accept the limitations that arise as their bodies slow down and see the transitions they are going through as a new, yet different kind of ascent? a fresh opportunity to ground themselves in a deeper sense of a greater wisdom. Their gratitude for others and for the world becomes more pronounced."

SOMETHING TO LIVE FOR: Finding Your Way in the Second Half of life, by Richard Leider and David Shapiro (Berrett-Koehler, 2008).

See also articles in the collection "Aging and the Meaning of Life" at:
<http://msg1svc.net/cxqon/178961/67/50738/3720/0/T/cqte.pdf>

Don't miss the "Annual Purpose Check Up" at:
<http://msg1svc.net/cxqon/178961/68/50738/3721/0/T/cqte.pdf>

CHRISTIAN APPROACHES TO AGING

The Center for Christian Ethics at Baylor University has made available Aging Study Guides and Lesson Plans for the following topics:

- "Caring as Honoring"
- "When Suffering Continues"
- "Declining with Grace"
- "Aging from the Perspective of the Cross"
- "Old and Full of Years"
- "What's Retirement For?"

These can be downloaded at:
<http://msg1svc.net/cxqon/178961/69/50738/3722/0/T/cqte.html>

RACHEL CARSON 'SENSE OF WONDER' CONTEST

Rachel Carson wrote that she wanted to endow every child with "a sense of wonder so indestructible that it would last throughout life." Inspired by her example the U.S.

Environmental Protection Agency has announced the 3rd annual Rachel Carson intergenerational "Sense of Wonder" contest.

This intergenerational contest invites elders and those representing younger generations to submit creative projects in poetry, photography, essays and other artistic creations that express the sense of wonder in contact with nature.

Entries must be intergenerational involving a team of persons related or unrelated, describing the intergenerational project and how this project brought the team in touch with the natural world.

The deadline for entries is Wednesday, June 10, 2009 and winners will be announced in September 2009. For more information, please see
<http://msg1svc.net/cxqon/178961/70/50738/3723/0/T/cqte.html>

BOOKS OF INTEREST

NARRATIVES OF LIFE: Mediating Age, edited by Roberta Maierhofer and Heike Hartung (Aging Studies in Europe, Vol. 1, Vienna: LIT, 2008). For details, visit: <http://msg1svc.net/cxqon/178961/71/50738/3724/0/T/cqte.html>

QUALITATIVE GERONTOLOGY: A Contemporary Perspective, edited by Graham D. Rowles and Nancy E. Schoenberg (Springer, 2002).

AGING ARTFULLY, by Amy Gorman (PAL Publishing, 2006). Portraits of 12 artists, still creative into their 80s.

WEB SITES TO SEE

INTERVIEWS. The May-June issue of AGING HORIZONS, has two interviews: one with Andrea Sherman ("The Power of Ritual To Transform Lives") and one with H.R. Moody ("Recycling the Life Cycle"). To read the issue, visit: <http://msg1svc.net/cxqon/178961/72/50738/3725/0/T/cqte.html>

ELDER HERO IN FILM. "That Evening Sun" starring veteran actor Hal Holbrook features an 80-year old hero. It won raves at the Atlantic Film Festival. To view a trailer for the film, visit: <http://msg1svc.net/cxqon/178961/73/50738/3726/0/T/cqte.html>

WOMEN'S STORIES. The Story Circle Network has been offering classes, workshops, conferences, writing and reading circles, and online programs for women since 1997. To learn more about their work, visit: <http://msg1svc.net/cxqon/178961/74/50738/3727/0/T/cqte.html>

CALENDAR OF EVENTS

LECTURE SERIES ON AGEISM sponsored by the Center for Creative Aging (Chicago, IL). 5:30 to 7 PM. June 4, Becca Levy, "Aging and Self-Stereotypes: Health Impact;" June 11, Linda Emanuel, M.D., "Ageism: Alive and Well;? and June 18, "You're Really Just Too Old for the Job! Ageism and the Economy." Room 1115, Harold Washington College, 30 East Lake Street, Chicago, IL. Admission is free. For more information, call (312) 553-6091 or visit them at: <http://msg1svc.net/cxqon/178961/75/50738/3728/0/T/cqte.html>

SPIRITUALITY OVER THE LIFECOURSE. (June 3-5, 2009, Durham, NC). The Second Annual Meeting of the Society for Spirituality, Theology and Health is devoted to "Lifecourse Perspectives on Spirituality and Health in Diverse Religious Communities." At the Washington Duke Inn and Golf Club. Open to the public.

For details and registration, visit:

<http://msg1svc.net/cxqon/178961/76/50738/3729/0/T/cqte.pdf>

DIVERSITY: National Conference (June 8-10, Chicago, IL).

AARP is sponsoring "Diversity and Aging in the 21st Century, The Power of Inclusion." Marriott Chicago Downtown Magnificent Mile, Chicago, Illinois. For details, visit:

<http://msg1svc.net/cxqon/178961/68/50738/3730/0/T/cqte.html>

MEANING: "Finding Meaning in Later Life" (June 15, 2009, Woden, Australia).

Presentation at the Hellenic Club, by Rev. Elizabeth MacKinlay and Ms. Gabrielle Brian. Sponsored by the Centre for Ageing and Pastoral Studies. For more details, visit:

<http://msg1svc.net/cxqon/178961/69/50738/3731/0/T/cqte.html>

CONSCIOUS AGING: "Pearls in Your Back Pocket" (June 17, 2009, Seattle, WA)

Facilitated by Sandy Sabersky, Executive Director of Elderwise and Certified Sage-ing Leader. For details call (206) 325-0471.

CREATIVE AGING: "Engaging Older Adults in Innovative Programs"

(June 18-19, 2009, Hamilton, Ontario). Presented by the National Center for Creative Aging and sponsored by the McMaster University Centre for Gerontological Studies, including Andrea Sherman and other presenters. Topics include: healthcare and the arts, TimeSlips, life transitions and rituals, culture change in long-term care, and transforming memory into art. Conference is held at the Waterfront Conference Centre (Royal Hamilton Yacht Club), 555 Bay St. North in Hamilton. For details call

(905) 525-9140, x. 24449. Or visit:

<http://msg1svc.net/cxqon/178961/70/50738/3732/0/T/cqte.html>

SPIRITUALITY AND SOCIAL WORK. (June 18-20, 2009, Los Angeles, CA).

The Fourth North American Conference on Spirituality and Social Work has as its theme "Diverse Faces of Spirituality: Oasis of Empowerment and Tranquility, Crucible of Discrimination and Conflict." Conference brings together American, Canadian, and international academics, practitioners, and students to explore the role of spirituality in social work practice and education.

Sessions include: spirituality as a resource for healing, advocacy, self-care, coping; case examples discussing spirituality as a factor in abuse, control, injustice, neglect; spirituality and more. For further details visit:

<http://msg1svc.net/cxqon/178961/71/50738/3733/0/T/cqte.html>

For questions, comments or further information, contact Ann Nichols at ann.nichols@asu.edu

ELDERHOOD: "Elderhood Reflection Series" (Bellevue, OR, June 27, 2009). Unity Church, 16330 NE 4th St, West Linn, Oregon.

Daylong class facilitated by Terry Jones. For details, visit:

<http://msg1svc.net/cxqon/178961/72/50738/3734/0/T/cqte.html>

