

Human Values in Aging Newsletter – March 1, 2009

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

IN THIS ISSUE

- Rites of Passage
 - Becoming an Elder
 - Your Face after 40
 - How Much Does Money Matter?
 - Web Sites to See
 - Books of Interest
 - Calendar of Events
-

rites of passage

"There may be no time more suited to the study of rites of passage than threshold between the end of modernity and the uncertain future of humanity," says poet and storyteller Michael Meade. For more details, see the book *CROSSROADS: The Quest for Contemporary Rites of Passage*, edited by Louise Carus Mahdi, Nancy Geyer Christopher, and Michael Meade (Open Court, 1996).

Rabbi Dayle Friedman has developed a special "ritual of transition" for older people. For details about it visit:

<http://www.ritualwell.org/lifecycles/growingolder/sitefolder.2006-01-27.5132482193/primaryobject.2005-08-29.6754154803>

Learn more about Friedman's work on the "Sacred Seasons" of life at:

<http://www.sacredseasons.org/site/c.hoJTIZOuEIH/b.1533039/k.BED6/Home.htm>

The New York-based group Transitional Keys has developed a guidebook for rituals to improve the quality of life for older adults. For more details, visit:

http://www.transitionalkeys.org/books_and_kits.shtml

BECOMING AN ELDER

"The place of respect that elders enjoy in tribal groups represents a sharp contrast to how older adults in our society are seen. The elders earn and accept the respect they're given. It's not just that they're acknowledged by their people—they claim themselves as vital resources for their communities. Becoming an elder is, for them, an active step that involves staking out a place of power around the fire. A person closest to the flames has something valuable to bring forth and takes the initiative to do so. In this way, he or she claims that place of respect at the fire.

We see this step of owning our power as the missing piece to the role of elders. To some degree, we have accepted our culture's picture of aging. We realize that it is time for us— individually and as a group of people in the second half of our lives— - to create a new picture of vital aging. It is time to claim our places at the fire."

-From Richard Leider, co-author with David Shapiro of CLAIMING YOUR PLACE AT THE FIRE (Berrett-Koehler, 2004).

YOUR FACE AFTER 40

A senator once tried to get a postmaster's job from Abraham Lincoln for one of his aides. "I'm afraid not," said the President. "I don't like his face." "Surely you can't be serious," the senator said. "You can't blame a man for his face." "After 40 you can," Lincoln replied. (From "For One Who Is Liberally Educated, Life Is Far Too Short" by Brand Blanchard, Yale Alumni Magazine)

HOW MUCH DOES MONEY MATTER?

Has your 401(k) plan become a 201(k) plan (like mine)? Are you worried that maybe retirement won't be a happy time?

Well, as the news people like to say, "This Just In:" a new report showing that money can't happiness anyway. What does the job, then? It turns out that having a purpose in one's life is the most important thing, even during difficult economic times.

To get all the details, read the new report "Discovering What Matters: Balancing Money, Medicine and Meaning" issued by the MetLife Mature Market Institute.

You can read (and download) the full report at:

<http://www.metlife.com/assets/cao/mmi/publications/studies/mmi-discovering-what-matters-study.pdf>

BOOKS OF INTEREST

THE LONG BABY BOOM: An Optimistic Vision for a Graying Generation, by Jeff Goldsmith (Johns Hopkins Univ. Press, 2008).

THERAPEUTIC THEMATIC ARTS PROGRAMMING FOR OLDER ADULTS, by Linda Levine Madori (Health Professions Press, 2006). For more details, visit: <http://levinemadoriphd.com/>

THE NOT SO BIG LIFE: Making Room for What Really Matters, by Susan Susanka (Random House, 2007). For more details, visit: <http://www.otsobiglife.com/>

WEB SITES TO SEE

CREATIVITY BIBLIOGRAPHY. For an annotated bibliography on "Creative Learning and Wisdom" see:
http://www.fielding.edu/hod/ISI/clw/Annotated_bibliography-final.pdf

POSITIVE AGING. Why not think in optimistic terms about the second half of life? Are you receiving the Positive Aging Newsletter? To learn more or to subscribe visit: <http://www.positiveaging.net>

IMMIGRATION. The Temple University Center for Intergenerational Learning has issued a new report on "Community Treasures: Contributions of Older Immigrants and Refugees" available at: <http://www.projectshine.org/materials/cea>

CALENDAR OF EVENTS

PHOTOGRAPHY: "Positively Ninety" Photography Exhibit. (Mar. 1-7, 2009, Cincinnati, OH). Connie Springer's exhibit of color photos of nine-year olds as well as excerpts from her interviews with nursing home residents are now on display at the Kennedy Heights Arts Center in Cincinnati, 6546 Montgomery Road, Cincinnati, Ohio. For details, see: <http://www.artsinohio.com/details.php?id=62653&type=e>

MEDITERRANEAN WORLD: "Ageing in the Mediterranean World" (Mar. 12-15, 2009, Malta). A scientific conference organized by European Social Research (ESR), the European social science section of the International Association of Gerontology and Geriatrics (IAGG), in cooperation with the Institute of Gerontology in Malta. For details contact: mail to: hans-joachim.kondratowitz@dza.de or ebastian.richter@dza.de

SPIRITUALITY OF AGING. Conference on "Spirituality of Aging" (Mar. 14, 2009, Esopus, NY). Conference at Mount St. Alphonsus 1001 Broadway in Esopus, 9:30 AM - 3:30 PM. For reservations call (845) 384-8000 or contact maryann@visitthemount.com For more details visit: <http://www.visitthemount.com>

ASA-NCOA ANNUAL CONFERENCE: "Aging in America" (Mar. 15-19, 2009, Las Vegas, Nevada). See the featured program on March 17 sponsored by the Forum on Religion, Spirituality and Aging "The Gamble of Life: How Religion and Spirituality Provide Meaning in My Unpredictable World" with A keynote address by Jane Marie Thibault "The Other Side of the Coin: How Can We Deal with 'UN-Successful' Aging?" For details about the conference, visit: <http://www.agingconference.org/asav2/conf/jc/jc09/index2.cfm>

SUCCESSFUL AGING: "The Art of Aging Successfully" (Mar. 26, 2009, Detroit, MI). 10th Annual Conference, sponsored by Institute of Gerontology, Wayne State University. Workshops on storytelling, holistic therapy, genealogy, and more. 8:30 am 1:45 pm, Greater Grace Conference Center, 23500 W. 7 Mile Road. For details visit: <http://www.iog.wayne.edu/pdfs/aoa10.pdf>

SAGE-ING. "Path of the Sage" (Mar. 28-29, Indianapolis, IN). "Reaping the Harvest of a Lifetime: The Path of the Sage" workshop from 9 am to 4 pm is an Indiana Sage-ing Guild Intensive held at the Benedict Inn Retreat Center, Beech Grove, Indiana, near the Indianapolis airport. Workshop led by Rosemary Cox and Paul Severance. For more information contact pseverance1@comcast.net

SPIRITUALITY AND ILLNESS. (Mar. 28, 2009, Chapel Hill, NC). Project Compassion's 7th Annual Spring Symposium, "The Unbroken Circle: Exploring Spirituality during Illness and End of Life" will be held on Saturday, March 28, 2009, from 9:30 am - 12:30 pm at United Church of Chapel Hill, 1321 Martin Luther King Jr. Blvd. Chapel Hill, NC. A gathering to explore spiritual perspectives around illness and end of life and learn ways that to support themselves and others. Along with panels and workshops, this event includes launch of a new publication: "The Unbroken Circle: A Toolkit for Congregations around Illness, End of Life and Grief," a collaborative effort by the Duke Institute on Care at the End of Life, the Caring Connections program of the National Hospice and Palliative Care Organization and Project Compassion. For registration information, call (919) 402-1844 or visit: <https://www.merchantamerica.com/projectcompassion/>

DEMENTIA AND THE ARTS. (Mar. 30-Apr. 1, 2009, Washington, DC). The National Center for Creative Aging and The MetLife Foundation is sponsoring symposium on health, wellness and the arts: "Creativity Matters: Creating Programs for Individuals with Dementia and their Caregivers." Presenters include: Anne Basting (Director of TimeSlips, Center on Age and Community at the University of Wisconsin, Milwaukee); Gene Cohen (Center on Aging, Health and Humanities at The George Washington University); Susan Perlstein (Elders Share the Arts and NCCA); and Francesca Rosenberg (Museum of Modern Art, NYC). For details and registration Information visit <http://www.creativeaging.org>

CELEBRATING AGING: (Mar. 31, 2009, Westfield, MA). Workshop by Colette Hanlon, workshop leader, coordinating the spiritual care at Providence Care Center of Lenox, MA. Sponsored by Genesis Spiritual Life Center, from 10 a.m. to 3 p.m. Poetry, stories, and humor helping to consider alternatives and enlarge our capacity for celebrating the gift of each day. For details, visit: <http://www.genesiscenter.us/march.html#aging>

INTERGENERATIONAL SERVICE LEARNING: "Linking Three Generations" workshops (Mar. 31- Apr. 14, 2009, NY State). Intergenerational service learning involves college students working with older people to fulfill a community need. This program includes faculty from Cornell University, Ithaca College, Molloy College, SUNY Brockport and SUNY Stony Brook. Speakers at workshops include Carol Hegeman (Foundation for Long-term Care), Carol Farquhar (Grantmakers in

