

# Seniors' Seminar

## Youthful Aging

(Growing Older  
Gracefully)



Presented by Dr Lionel Hartley

Choices — Communication  
Continuing to Grow — Converting the  
Lifeline — Changes and Challenges  
Question & Answer Session

Seminar transcript  
PowerPoint presentation  
and Handout Booklet

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Lionel Hartley, PhD

**“You are old, Father William,” the young man said,  
“And your hair has become very white;  
And yet you incessantly stand on your head—  
Do you think, at your age, it is right?”**

*“In my youth,” Father William replied to his son,  
“I feared it might injure the brain;  
But now that I’m perfectly sure I have none,  
Why, I do it again and again.”*

**“You are old,” said the youth, “As I mentioned before,  
And have grown most uncommonly fat;  
Yet you turned a back-somersault in at the door—  
Pray, what is the reason of that?”**

*“In my youth,” said the sage, as he shook his grey locks,  
“I kept all my limbs very supple  
By the use of this ointment—one shilling the box—  
Allow me to sell you a couple?”*

**“You are old,” said the youth, “And your jaws are too weak  
For anything tougher than suet;  
Yet you finished the goose, with the bones and the beak—  
Pray, how did you manage to do it?”**

*“In my youth,” said his father, “I took to the law,  
And argued each case with my wife;  
And the muscular strength which it gave to my jaw,  
Has lasted the rest of my life.”*

**“You are old,” said the youth, “one would hardly suppose  
That your eye was as steady as ever;  
Yet you balanced an eel on the end of your nose—  
What made you so awfully clever?”**

*“I have answered three questions, and that is enough,”  
Said his father; “don’t give another!  
Do you think I can listen all day to such stuff?  
Be off, and go ask you mother!”*

**Our speaker today wants us all to believe  
That ageing is really a party;  
That to celebrate keeps us feeling young.  
Ladies and Gentlemen, here's Lionel Hartley.**

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**Slide 3 (Speaker for today)**

Thank you boys for the introduction.

Actually the poem that they read was an adaptation of a parody of an earlier poem by an anonymous writer, entitled, "The Old Man's Comforts and How He Gained Them".

"You are old, father William," the young man cried,  
"The few locks which are left you are grey;  
You are hale, father William, a hearty old man;  
Now tell me the reason, I pray."

"In the days of my youth," father William replied,  
"I remember'd that youth would fly fast,  
And abus'd not my health and my vigour at first,  
That I never might need them at last."

"You are old, father William," the young man cried,  
"And pleasures with youth pass away.  
And yet you lament not the days that are gone;  
Now tell me the reason, I pray."

"In the days of my youth," father William replied,  
"I remember'd that youth could not last;  
I thought of the future, whatever I did,  
That I never might grieve for the past."

"You are old, father William," the young man cried,  
"And life must be hast'ning away;  
You are cheerful and love to converse upon death;  
Now tell me the reason, I pray."

“I am cheerful, young man,” father William replied,  
“Let the cause thy attention engage;  
In the days of my youth I remember’d my God!  
And He hath not forgotten my age.”

#### **Slide 4 - housekeeping**

Welcome to today’s seminar, Youthful Ageing — Growing Older Gracefully.

Just a little bit of housekeeping before we start. We are having a question time at the end of today’s programme so if you think of any questions during the course of our time together, print them on a pink slip, hand them in at the end and we will attempt to address as many as possible.

#### **Slide 5 - Fidel Castro**

A Reuters news bulletin of Friday February 11, 2005

Cuba’s “120 Years Club,” inspired by President Fidel Castro to help Cubans live to a ripe old age, has claimed one of its members as the world’s oldest man at 119.

Benito Martinez Abagan actually says he was born in Haiti in 1880 and came to Cuba in 1925 to work in the sugar cane fields and build roads. But both his memory and identity document, which shows him to be 123, are questionable, say officials.

Dr. Eugenio Selman-Housein, Castro’s personal physician and president of the “120 Years Club,” said experts are working to determine the man’s exact age.

“We are sure he is at least 119, or a bit less. That still makes him the world’s oldest living man at present,” Selman said on Wednesday.

According to authenticated records the world’s oldest living man is a 113-year-old Puerto Rican.

A dozen Cubans over the age of 100 attended Wednesday’s first meeting of the club, which aims to extend longevity in Cuba through healthier diets, moderate exercise and plenty of motivation.

Cuba has a life expectancy of 77 years, the highest among developing nations and 24th in the world. That is five years shorter than Japan, where people live longest, on average to 82.

Castro, aged 78 and the world's longest-serving political leader, encouraged Selman to start the "120 Years Club" and the membership is growing, the doctor said.

For 103-year-old Agustin Gutierrez, the secret to a long life is a productive and active life. "The more I worked the stronger I got." he said.

But what is the point in adding years to your life if you don't add life to your years.

Today we are going to look at ways to add life to our years. Ways to grow older rather than just getting old.

## **Slide 6 - Converting the Lifeline**

Converting the Lifeline – The basic premise of Youthful Ageing

When a child misbehaves we often say, "Oh, it's just a stage he's passing through." Similarly, many of our own problems arise because we're passing through some stage of personal development.

Our lives can be divided into various stages. These periods have been called the tiring tiny-tots, terrible toddlers, testing teens, the teachable twenties, the terrific thirties, the fiery forties, the forceful fifties, the serious sixties, the sacred seventies, and the aching eighties.

As misconceptions & myth-conceptions abound, we will begin by turning all our life-stage preconceptions on their head.

Let us start by looking at what society imposes as the pattern of life decline:

As you can see from this slide, we have a parabolic curve – an arch (if you will) – starting at birth and moving upwards until we hit a mid-life or similar major crisis and from then on it's downhill all the way to the grave.

## **Slide 7**

This is society's perspective and I challenge it.

## **Slide 7 overlays**

According to this model we start with *dependency*, go through stages of *inquiry*, *puberty* and *independency* before the dreaded *mid-life crisis* kicks in. Then we descend through a period of *co-dependency* before we finally become as *dependent* as when we were born.

## **Slide 8**

The ideas behind this model were reinforced recently when I saw on a grave at the New England town of Inverell in New South Wales, my own tombstone (or at least someone bearing my name (my first middle name is David)).

## **Slide 9**

In today's seminar we are going to turn that completely upside down, and call it a life line *incline* rather than a life line *decline*.

Now this means that Mid-life Crisis (or the Corvette syndrome as it is sometimes called) becomes Mid-life Analysis or Mid-life Progress.

## **Slide 9 overlays**

Bearing this in mind, we can now look at our senior years as stages in a maturing process and not the inevitabilities of degeneration.

Some may complain they no longer feel young. I would suggest that it is more important to feel **life** rather than to feel **young**.

I am reminded of the lady who looked in the mirror, saw the lines of ageing and yearned to have the complexion of a teenager. The story goes that the next morning she woke up with a face covered in pimples! Rather than striving to feel young, I suggest that we choose to become young by embracing the yearning for learning, exuberance, curiosity, and courage of the young? Instead of ageing, try living.

## **Slide 10 - Continuing to Grow – Growing Older Gracefully)**

Age is an attitude. Centenarian George Burns (1896-1996) said, “You can't help getting older, but you don't have to get old.”

When we stretch our minds, we grow flexible, not feeble. The maxim “Use it or lose it” may be trite, but it is true. Research has shown that a

life of endless learning lessens the likelihood of getting Alzheimer's disease. Don't let your brain get rusty; keep it well oiled by using it daily.

Follow a regimen of constant learning, not to avoid Alzheimer's, but to experience the joy and youthfulness that comes from continual discovery.

According to research on life-span development, if you continue to use your brain and develop your intellect and if you remain socially connected and active, you can actually increase your IQ scores as you age. We do not stop learning because we grow old; we grow old because we stop learning. Chuck Gallozzi says, "If all you can put your teeth into is a glass, you're old!"

Mirth and laughter are the shock absorbers that protect us from the bumps in the road of life. Share laughter and adopt a humorous perspective. Anything can be turned into a joke.

Here are some examples.

Dame Agatha Christie, who died 1976 at age 86, had earlier written, "Grandchildren don't make a man feel old; it's the knowledge that he's married to a grandmother."

One stand-up comic said, "Searching for the purpose of life? I discovered it a long time ago; it's to avoid death! I even discovered how to avoid dying. Don't stop breathing!" He went on to say, "I attribute my old age to having lived a long time."

e) Lucille Ball, who died in 1989 aged 78, is recorded as having said, "The secret to staying young is to live honestly, eat slowly, and lie about your age".

A very discerning school student wrote the following in an exam paper: "[Abraham] Lincoln's mother died in infancy, and he was born in a log cabin which he built with his own hands."

## **Slide 11 - Changes and Challenges**

New England poet Anne Sexton once wrote, "In a dream you are never eighty." It's generally true. Children may dream that they are older than they are, but adults rarely ever do. However, we don't live in a dream world; we live in a real world. It was a wise person who said, "No one

should worry about getting older. Not everyone has the privilege.”

Life expectancy (2004 figures for Australia)

- On average, men now live for 76 years and women live for 81 years.
- There are 75 men for every 100 women aged 65 and over, and 40 men for every 100 women over the age of 85

Many graduates from Universities this year were born in the late 1980s. They have no meaningful recollection of the Malcolm Fraser era of 1975 to 1983.

They were infants when the Gulf War started. They were unborn when the metric system and decimal currency were introduced into Australia. For many, the Great Depression had something to do with manic depression. Their world has always included AIDS and computers.

Vinyl record albums and audio tapes predate them. The Compact Disc was released and Sony brought out the Walkman when they were babies. So the expression “you sound like a cracked gramophone record” means nothing to them.

From their earliest years, a camera was something you used once and threw away. As far as they know, stamps have always cost about 50 to 60 cents. Few, if any, have lived without an answering machine or mobile phone. Few have used a TV set without a remote control and many don't even know that they came in black and white.

## **Slide 12 - Paradox**

A paradox of old age is although we have less time to live, we have more time to spend. Freed from the time consumed by a full-time job, we now have time to spend with friends and family, hobbies, personal and spiritual growth, and volunteering. This stage of life can definitely become the most rewarding one.

There are many gains with ageing:

- Women become more active, assertive, and work-oriented.
- Men become more gentle, more submissive, less interested in power, and more interested in learning about intimacy and relationships.
- Age offers wisdom to many. Joan and Erik Erikson wrote, “Lots of old people don't get wise, but you don't get wise unless you age.”



- Most lose their fear of death after middle age.
- Intellect and curiosity can increase with age.
- Grandchildren.
- There is less stress and even less dissatisfaction for most people as we age.
- Marco Cato, in his old age, said, “The fittest arms of old age . . . are the attainment and practice of the virtues; which, if cultivated at every period of life, produce wonderful fruits when you have lived to a great age.”

Age itself is not an interesting subject. Anyone can get old. All you have to do is live long enough. Leon Trotsky said, “Old age is the most unexpected of all the things that can happen to a man.”

According to writer Samuel Ullman: Whether sixty or sixteen, there is in every human being’s heart the lure of wonder, the unfailing child-like appetite of what’s next, and the joy of the game of living. In the centre of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the infinite, so long are you young.

### **Slide 13: The Five Perils of Ageing**

In youth we run into difficulties; in old age difficulties run into us. —  
Josh Billings

The five perils of ageing are subject to attitudinal adaptation

Perturbation - worry and anxiety - Never sweat petty things and never pet sweaty things. Swedish proverb: Worry gives a small thing a big shadow.

Economics - poverty and security We’re going to discuss this one more later.

Respect - value and possible elder abuse

Illness - health, degeneration, disease “Seen it all, done it all, can’t remember most of it.”

Loneliness - isolation, widowhood, widower-hood, the dynamic of the nuclear family

Note that I said that these are subject to attitudinal adaptation – in other

words these are all things that we can overcome through changes in attitude.

Over the next short while we will look at these in more detail.

### **Slide 14: Ageism**

I am going to use the word ATTITUDE as an acronym to help us not to miss any of these vital points. The A in ATTITUDE stands for Ageism, “... the discrimination against individuals based on their age”

At twenty we worry about what others think of us;

at forty we don't care about what others think of us;

at sixty we discover they haven't been thinking about us at all.

For thirty years before my retirement, I was a family-life counsellor. During a counselling session, one woman summed her life by saying, “Before he courted me I was looked at, while we were courting I was looked over, when we got married his tender eyes looked into me. Although when I pleased him he began to look up to me, very soon afterwards began to despise me as he claimed he could see right through me. Finally he has come to ignore me.” She concluded by saying, “I have been looked at, looked over, looked into, looked up to, looked down upon, looked through and now overlooked!”

Ageism was highlighted recently by Writer Claude D. Pepper, who said, “Age-based retirement arbitrarily severs productive persons from their livelihood, squanders their talents, scars their health, strains an already overburdened Social Security system, and drives many elderly people into poverty and despair. Ageism is as odious as racism and sexism.”

What is required is a shift in people's perceptions from a perception of older people as feeble and weak towards a recognition of older people as leaders with a considerable part to play in society. Older people, ourselves, need to feel we are part of the solution and not the problem.

## **Slide 15: Talking and Listening**

Maggie Kuhn, an American social activist who died in 1995 at the age of 90, said, “Old age is not a disease - it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses.”

Story telling - Repetition - Feelings not facts - True-to-fact vs. True-to-life

Something I find very helpful when talking with many older people is that much of what they have to share is feeling based. If Maggie seems to repeat herself and tell me the same thing a dozen times over, then I remind myself that she is not telling me the news, but sharing her feelings – one of which may be, “I want you to listen to me!”

If Egbert reminisces about his wartime experiences and tells the same story over and over again, I need to remind myself that this was a significant event in his life and a thousand different emotions were involved. You can't share a thousand different emotions by telling a story only once. It must be told over and over again. Even if the listener can't discern the difference, the storyteller can. Listening is a great gift that we can give each other. Maggie asked Egbert, “Will you listen to me while I knit?” Egbert replied, “Only if you knit to me while I read!” When you are together, listen to each other. It's a great way to grow older gracefully.

## **Slide 16: Aids to communication**

Aids to communication - hearing, eyesight, internet, memory aids, face-to-face etc

## **Slide 17: Communicating**

Communicating - Hearing vs Listening, Hindrances (Get group feedback)

Loretta Firzaris, age 93 ( b1920) says, “If someone listens, or stretches out a hand or whispers a word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen.

Pix: A drawing of The Euphonia, an early mechanical speech synthesis machine.

### **Slide 18: Treating Yourself**

Are you searching for a Fountain of Youth? One is to be found. Sophia Loren says, “There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap into this source, you will truly have defeated age.”

### **Slide 19: Treating Yourself**

South African singer (born in 1932) Miriam Makeba said, “Age is getting to know all the ways the world turns, so that if you cannot turn the world the way you want, you can at least, get out of the way so you won’t get run over”

### **Slide 20: Treating Yourself**

Clarence Darrow: The first half of our lives is ruined by our parents, and the second half by our children.

### **Slide 21: Treating Yourself**

Elbert Hubbard said, The man who doesn’t relax and hoot a few hoots voluntarily, now and then, is in great danger of hooting hoots and standing on his head for the edification of the pathologist and trained nurse, a little later on.

### **Slide 22: IQ development & lifelong learning**

Writer Sara Paddison, in *The Hidden Power of the Heart*: “You only hurt yourself when you’re not expanding and growing. Many people can’t stand the thought of ageing, but it’s the crystallised thought patterns and inflexible mind-sets that age people before their time. You can break through and challenge your crystallised patterns and mind-sets. That’s what evolution and the expansion of love are really about.”  
Crossword puzzles, trivia quizzes, table games like Scrabble, making conversation, reading, sharing stories and life experiences with children and young people, memorising poetry or the verses of sacred texts, keeping up with current affairs, etc. These are what I call: Growing older gracefully through mind-stretching.

### **Slide 23: Temperance**

Frances E. Willard said, Temperance is moderation in the things that are good and total abstinence from the things that are foul.

Lord Chesterfield said, Regularity in the hours of rising and retiring, perseverance in exercise, adaptation of dress to the variations of climate, simple and nutritious aliment, and temperance in all things are necessary branches of the regimen of health. / Philip Sidney said, The ingredients of health and long life, are great temperance, open air, easy labour, and little care. The ancient Greek poet, Ovid, wrote: Take rest; a field that has rested gives a bountiful crop.

### **Slide 24: Underestimation**

Harriet Beecher Stowe: So much has been said and sung of beautiful young girls, why doesn't somebody wake up to the beauty of old women?

Lady Diana Cooper, the late Viscountess of Norwich, wrote, "First you are young; then you are middle-aged; then you are old; then you are wonderful."

GreyPath, a Senior's Job Network in USA, says that seniors have substantial skills and experience, are reliable and have no different absenteeism rates as other workers. Characteristics of senior workers: Although productivity may be the same or may decline a little with age, however the quality of work improves with age. Corporate memory is high, job turnover - 25% less than for younger workers, reduced training costs due to reduced turnover and previous skills absenteeism is the same as for all workers, the loyalty and work ethic is usually higher, experience and interpersonal skills are much greater.

### **Slide 25: Diet 1**

What is a healthy diet for seniors?

Every year over the age of 40, our Basal Metabolic Rate (BMR) slows down. This means that even if we continue to follow our current healthy eating pattern, we are likely to gain weight as we age. In general, seniors need to consume more calcium and vitamin D for bone health, eat more fibre to prevent constipation, cut back on salt (sodium) and sugar,

and make sure we get the recommended daily allowance of important vitamins and minerals.

Seniors also need to increase their water intake and participate in regular physical activity to aid digestion and metabolism.

**A healthy diet helps you:**

**(CLICK SLIDE CHANGES)**

- **Meet your nutritional needs.** A varied, balanced diet provides the nutrients you need to avoid nutritional deficiencies. Non-nutrients, such as fibre, are also necessary to a healthy diet. As we age our senses of taste diminishes and as a consequence we may occasionally lose our appetite. Be aware of this and be sure to have not just variety, but adequate for our needs. Sometimes the cautious use of additional seasoning may stimulate our appetite again.
- **Prevent and treat certain diseases.** Healthful eating can prevent the risk of developing certain diseases such as cancer and heart disease. It is also helpful in treating diabetes and high blood pressure. Following a special diet can reduce symptoms, and may help you better manage an illness or condition.
- **Enjoy life.** Food is the mainstay of many social and cultural events. Not only does it provide nutrition, it helps facilitate connections between people. Cooking fresh, healthy meals can also be an enjoyable way to spend time, either on your own or with others.
- **Feel energetic and manage your weight.** A healthy diet can help you feel better, provide you with more energy, and help you fight stress.

**Slide 26: Diet 2**

**What are some general guidelines for healthy eating?**

**(CLICK SLIDE CHANGES)**

- **Don't skip meals.** Plan your daily meals and snacks. For healthy eating, if your weight is normal, enjoy three meals and two additional snacks if you're hungry in between mealtimes.
- **Learn simple ways to prepare food.** Healthy eating doesn't have to mean complicated eating. Keep meal preparation easy, eat more raw foods such as salads and vegetable juices, and focus on the pleasure of eating healthy food rather than the calories.
- **Avoid eating more sugar.** If you feel tired in the afternoon, reach

for fruits, veggies or a high protein snack rather than sweets, which actually rob your body of energy.

- **Listen to your body.** Stop eating when you feel full. This will help you remain alert, relaxed and feeling your best.

### **Slide 27: Exercise (Activity)**

Our exercise track is bordered by a ditch on either side. On the left is the ditch of no exercise, and on the right is the ditch of excessive exercise. A fall into either ditch will dramatically shorten our lives.

According to Australian heart specialist, D. Andre La Gerche, regular aerobic exercise (I call this 'centre of the track' exercise) is believed to increase life expectancy by six years and to prevent heart attacks, stroke, diabetes and some cancers, and helps with depression.

One of the greatest fears of those of more senior years is that of falling. Moderate, disciplined, and regular activity is great falls prevention strategy as it improves balance, coordination, flexibility, mobility and strength.

Author Ety Hillesum said, Sometimes the most important thing in a whole day is the rest we take between two deep breaths.

Many sports for seniors also exercise our mind and social skills to keep us young at heart. Both the Council and the Health Dept have published lists of the many wonderful activities for seniors in the local area.

### **Slide 28: Safety**

There is the challenge falling.

It is estimated that at least one third of people aged 65 years and over fall one or more times a year. Although many of these falls do not result in injury, they can cause trauma including a fear of falling that can result in loss of confidence and restriction of activities. Older people are almost 12 times more likely to have a fall than a motor vehicle or pedestrian accident.

Falls can be prevented. Contrary to popular belief, falls are not inevitable and many older people can be prevented from falling. The risk factors for falls are easy to change and where falls do occur, the severity of

injuries can be modified.

There are three very simple ways to avoid falls and injuries from falls:

1. Exercise to improve balance, strength and flexibility.
2. Wear shoes that are comfortable, fit well and wide enough in the toe area, have low or no heels, and have slip-resistant soles. And
3. “Think safety” both inside the home and without. (see handout booklet)

In addition to falls prevention, there are many things that we can do to keep ourselves safe. Be alert for hazards and follow the advice of the safety experts in the health, fire and police departments. There are many free resources to assist us in keeping safe. Your local electricity supply authority has free brochures on electricity safety. The fire dept has info on fire safety, smoke alarms etc (they can even come and change your alarm batteries for you). The Citizen’s Advice Bureau, The Dept of Fair Trading, the Health Dept, Cancer Society, your local GP and your community centre will have free brochures on many aspects of keeping safe.

Sometimes we are at risk because we are too proud to ask for help.

Writer Max De Pree said, “Our culture sees asking for help as a sign of weakness, but it’s not. It’s a sign of strength.”

Lawyer Bruce Cameron tells a story about a fellow, a bricklayer, who needed help but wouldn’t ask for it. He had just finished building the chimney of a fireplace and he had all of these extra bricks. So, instead of asking for help, he did what you and I do so often, he decided to use his head. He rigged up this block-and-tackle at the top of the chimney, and used it to hoist this 40-pound barrel up to the top of the roof. He tied the rope securely to the ground, climbed up the roof and started loading the barrel with bricks. He didn’t need any help. When he got about 150 pounds of bricks in this 40-pound barrel, he got down to untie the rope and lower his bricks. He didn’t need any help. For some of us this might have worked. But, this fellow only weighed 140 pounds. The accident report turned in to his insurance company states that as he was going up, he met the barrel on its way down. That is how he fractured his collarbone. According to the accident report, he broke his finger when his hand got jammed in the pulley at the top. Not to worry how-



ever, about him being stuck up there. When the barrel hit the ground, it was moving pretty fast and the bottom broke out of the barrel, letting all the bricks out. He didn't need any help. Physics dictated that the barrel that now weighed only 40 pounds was on its way up. The accident report indicates that he met the barrel on his way down. That is how he scraped up his arm. The report also indicates that when he hit the bricks he broke his foot. This caused him, to let go of the rope. He didn't need any help. Neither did the barrel. According to the accident report, it was a perfect bull's-eye.

The E in Attitude also stands for Economics.

### **Slide 29: Economics - poverty and security**

Another great challenge is to take charge of your financial future. If you are single, don't count on getting married to finance your old age. You are on your own!

If you are married, learn what is going on with your finances. If you are female, statistics say you will spend seven to fifteen years or more as a widow, depending upon the age difference between you and your husband. You will probably be on your own for a long time. So plan now - take charge of your financial future.

### **Slide 30: Summary of this section**

Goethe said, One ought, every day at least, read a good poem, see a fine picture, and, if it were possible, to speak a few reasonable words."

Remain goal oriented. Regardless of your age, still set one, five, ten and twenty-year goals. Keep on growing! Remember, the best is yet to be. Rabbi ben Ezra described old age as "the last of life, for which the first was made." The poet Robert Browning incorporated this concept in a poem: "Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half; Trust God [and] See all'"

## **Slide 31: NEWSTART**

Some of you have asked me about the ‘eight-rung ladder to longevity’ mentioned in the seminar brochure. Well here it is.

Choices – N E W S T A R T (I chose to use this as an acronym because “Today is the first day of the rest of your life!”)

## **Slide 32: Nutritional Balance**

The N in NEWSTART stands for Nutritional Balance.

Nutrition is important through all life stages—from childhood through late adulthood. As you age, a balanced and varied eating pattern remains important, but your nutritional needs change. This is especially true if you take medications that may impact your appetite and vitamin and mineral needs. Also, the risks for nutrition-related diseases such as heart disease, the bone disease osteoporosis, and diabetes increase as you age.

Breakfast really matters

Breakfast like a king. Lunch like a prince, and dinner like a pauper.

Start the day with the most important meal: breakfast.

Breakfast helps fuel the brain and body with the energy it needs. Try a bowl of fortified cereal with skim milk or milk substitute.

Fortified cereal provides vitamins, such as folate and the B vitamins, and minerals, such as iron. Milk provides protein, B vitamins, and minerals such as calcium, phosphorus, and magnesium. And the fibre in cereals helps keep your digestive system working regularly. Read the Nutrition Facts label on the packaging to find cereals and other foods that contain fibre. Another easy breakfast choice is a cup of low-fat yoghurt mixed with pre-sweetened or low-fat granola and fresh fruit slices.

Lunch Time

Choose flavourful sandwich breads that contain fibre, such as multi-grain, whole-wheat, bran, or oats. Include creamed cheese, lettuce and tomato, or other vegetables, such as cucumber, celery, or carrots, for taste and crunch.

Precede your sandwich with a cup of vegetable or lentil soup. Carrots, potatoes, and spinach provide a variety of vitamins and minerals.

## Dinner Time

Lentil patties are an easy protein. Lentils contain folate and fibre.

A quick meal for a fish eater could be to dip slices of fish in vegetable broth and then coat with a light coating of crushed high-fibre cereal before baking or broiling. Round out your meal with rice and beans and a fruit salad.

For another easy dinner, toss cooked pasta with a package of cooked frozen vegetables. Top with your favourite sauce and a sprinkle of parmesan cheese. Add a mixed green salad with a light dressing and you have a delicious, flavourful, and easy meal.

## **Slide 33: Snacks**

Healthful snack facts

Add fresh or canned fruit to low-fat ice cream or frozen yoghurt with a sprinkle of low-fat granola. Have a bowl of pre-sweetened cereal with milk or try the muffin recipe in your handout booklet for a tasty snack with a glass of low-fat milk or juice.

## **Slide 34: Exercise**

Nutrition and exercise are the two blades of the same pair of scissors – your health depends on both.

Exercise (or I prefer the term Activity) helps no matter what your age because the body will always respond favourably. There are at least five reasons to exercise:

Heart and lung capacity – the slow decline in aerobic capacity is the slippery slope to long-term disability and limited health. Relief is only a walk away.

Flexibility – a lack of flexibility makes life uncomfortable and limits those walks. Learn how to stretch.

Balance – crucial to falls prevention - walking is a great way to increase steadiness in the gait.

Strength – weakness is limiting and sets one up for falls that cripple thousands of seniors every year. Even ninety-year-olds gain strength from weight lifting.

Disease Control – many problems from painful joints to mild depression

can be treated with a pill, therapy, surgery or exercise. If possible, exercise is best because the side effects are positive.

**And right now we are going to take a tiny break and exercise our legs by standing up, our torso by stretching and our arms by reaching them up as far as we comfortable can. Excellent! Now be seated.**

### **Slide 35: Water**

It might not seem like it, but water is the most necessary nutrient of them all - so necessary that people can't survive for more than a few days without it. More than half of the weight of your body is water - if you weigh 60 pounds (27 kilograms), fewer than 25 of those pounds (11 kilograms) are minerals and other solid stuff. The remaining pounds are water. In the December 2007 edition of the British Medical Journal two researchers boldly suggested that there is no evidence to support the medical advice to drink eight glasses of water per day. But the Christmas article was obviously not up to the journal's normally stringent standards. Studies before and since, even published by the same journal, have provided overwhelming evidence supporting the advice to drink six to eight glasses of water a day. Daily drinking a glass or two of slightly acidic low-sugar fruit juice may reduce the risk of urinary tract infections by creating a slightly acidic urine.

### **Slide 36: Sunshine**

As we get out into the sunshine, all of our body's systems are benefited. The blood pressure is lowered, tension is released, the body's needs of Vitamin D are supplied, and nerves are soothed.

Sunlight activates our pineal gland. The pineal gland is a tiny structure located at the base of the brain that manufactures a hormone called melatonin, a derivative of the amino acid tryptophan. Those of you who have attended my Sleep and Insomnia seminar will recall that tryptophan is a natural sleep inducer and body relaxant.

Popular sentiments today say that sunshine causes cancer. This is not entirely true – our sensitivity to the sun's rays is increased as we age

and other factors, such as if we consume high quantities of manufactured oils or take certain medications we become at more risk. If you burn easily, use a sun block. Sunshine striking the face and hands for as little as few minutes a day will provide our daily need of sun. The best time to benefit safely from the sun is before 10 am. and after 3 pm.

Ergo sterol, a fat found in the skin, has the capability to absorb certain waves of ultra-violet radiation, and change them into vitamin D. Without vitamin D the body cannot utilise calcium to make strong bones or do certain metabolic functions at the cellular level.

Mild sun exposure helps the blood by increasing lymphocyte production and balancing blood alkalinity.

Simply exposing part or all of the body to sunlight can accomplish increasing respiratory volume when lungs are effected by illness.

If you are depressed, get some sunshine. If you have high blood pressure, get some sunlight. It need not be any more than the hands and face exposed to the sunlight for fifteen to twenty minutes a day.

### **Slide 37: Temperance**

We have spoken of this earlier, but I want to touch on it again.

I used to drive a 1980 Ford TC Cortina car which was designed to run on Standard Petrol. Standard Petrol was phased out in the mid-1980s (I think it was) and my poor car was forced to drink Super Grade Fuel.

Then Super Grade Fuel was phased out and replaced with Lead Replacement Fuel which was phased out and replaced with Standard Unleaded.

So I was forced to feed my Model TC Ford with unleaded fuel plus a vitamin-pill additive of a lead substitute. Our bodies are a bit like my old Ford. We are meant to run them on food and water. But through lifestyle choice (and sometimes necessity), we try to run them on all sorts of concoctions. Our bodies get enough prescription medications without unnecessarily clogging them with caffeine, nicotine, alcohol and other drugs.

Although I am personally in favour of total abstinence in regard to certain harmful things we may put in our bodies, for “growing older gracefully” I am advocating considering at least temperance if not total abstinence. Think about it.

## **(SLIDE OVERLAY – Pills)**

Also remember that the pharmaceutical industry makes money from selling prescription drugs. Read, study, and form your own opinions about taking cholesterol, blood pressure, oestrogen and other age-related medicines. Very few long-term studies are available to show the results of these medicines. The industry does extensive advertising to the medical profession pushing these drugs. The industry also does a lot of advertising and public-relations work in support of these drugs. Your physician is not a genius. He or she can not possibly keep up with everything and most GPs rely on the pharmaceutical industry for much of their information. It is your responsibility to read, study, and keep up with the truth for yourself.

### **Slide 38: Air**

Dr. Norman McVea says, “...When the body has ample oxygen, it produces enough energy to optimise metabolism and eliminate accumulated toxic wastes in the tissues.” Dr. Harry Goldblatt in the Journal of Experimental Medicine says, “...Lack of oxygen clearly plays a major role in causing cells to become cancerous.”

**We have already talked about aerobic exercise - now is the time to take another break and take a deep breath - breath in through the nose - and out through the mouth. Very Good. You may now be seated.**

### **Slide 39: Rest**

Many people think of their sleeping bodies as if they were cars parked for the night—motionless, with engines switched off and headlights dimmed. But sleep is an amazingly complex state of being. Sleep affects our daily functioning and our physical and mental health in many ways. As we sleep, muscles tense and relax. Pulse, temperature and blood pressure rise and fall. Chemicals crucial for our well-being course through the blood stream. The brain, like a Hollywood scriptwriter, conjures up colourful stories and rejuvenates our whole system. Just for interest’s sake scientists tell us that the exact amount of sleep we need is ... “Five minutes more!”

About half of all people over 65 have sleeping problems, such as insomnia, and the deep sleep stages in many elderly people often become very short or stop completely. This change may be a normal part of ageing but it is more likely to be related to medical problems or from the medications and other treatments for those problems.

### **Slide 40: Trust**

Studies suggest that religion or spirituality is a powerful coping and resilience resource, one that buffers the impact of mental or physical illness and grief and loss

A belief in the existence of a higher power provides a protective resource in our daily lives. With the diminution of pressures and stress in our senior years we have an ideal opportunity to dwell upon spiritual matters. *(The pictogram is the Chinese word for Gratitude)*

### **Slide 41: Build a Social Network**

Adding years to your life and life to your years

Hardening of the heart ages people more quickly than hardening of the arteries. When you fill your heart with love and kindness, you fill your heart with the elixir of life. Life may be short, but it's long enough to lighten the burdens of others and bring smiles to their faces. A University of Michigan study suggests that friends are more important than wealth and health. Of what value is health and wealth if you are lonely? On the other hand, even if you're impoverished and in poor health, life can remain enjoyable if you have friends to look forward to meeting. This is another reason for fostering a positive attitude. For a cheery disposition attracts friends, while a gloomy outlook alienates them. Society may foolishly refer to old age as declining years, but don't use them to decline friendship, fun, and festivity.

### **Slide 42: Summary: Rules for Ageing Gracefully:**

1. Develop and maintain a strong social support network of family, friends, and colleagues.
2. Develop a personal exercise programme combining aerobics and weight work.

3. Take charge of your brain. Make an active commitment to learning and growth.
4. Take charge of your personal safety and your financial future.
5. Eat a low-fat, high-fibre diet. Learn to live on fruits, vegetables, grains, and legumes as much as possible. Plan a few days a week that include no animal products.
6. Stay aware of the latest nutritional information, but stay away from fad diets.
7. Read, study, and form your own opinions about taking cholesterol, blood pressure, oestrogen and other age-related medicines.
8. Practice light or no drinking.
9. Choose not to smoke.
10. Remain goal oriented and keep on growing!

### **Slide 43: Question & Answer Session**

### **Slide 44, 45: Question from website:**

*“How do I turn worry into something productive?”*

Many folks worry about things that never happen. It is like the patient in the mental hospital, holding his ear close to the wall, listening intently. The attendant finally approached. “Sh!” whispered the patient, beckoning him over. The attendant pressed his ear to the wall for a long time. “I can’t hear a thing,” he finally said. “No,” replied the patient, “it’s been like that all day!”

Because trying to break away from worry is like wrestling with an octopus, I would like to suggest ‘Structured Problem Solving’.

Structured problem solving is a method of turning fruitless worrying into strategies to find solutions. It is best to practise first on small worries or problems, and limit yourself to working on one problem at a time. As you become proficient at the technique, you can tackle larger, more complex problems.

You should write this all down and include all the steps.



The steps of structured problem solving include:

**Step one** - Identify the problem. Be precise: for example, 'I am afraid of being alone in the house at night'.

**Step two** - Brainstorm every possible solution you can think of, without censoring any idea at this early stage. Give yourself permission to list even absurd or outlandish possibilities.

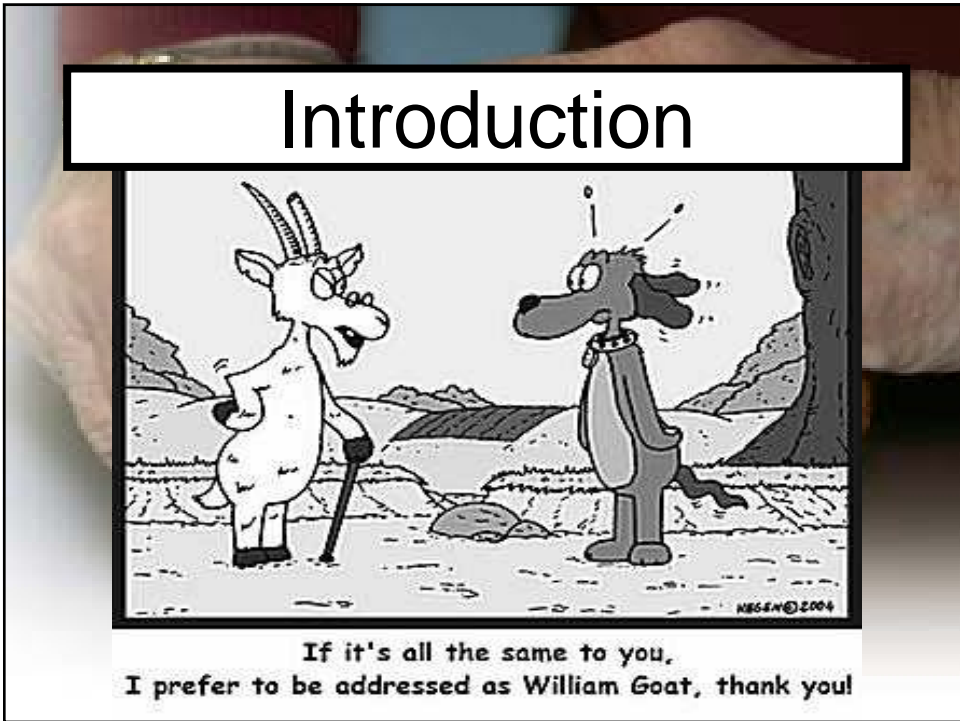
**Step three** - Evaluate the solutions one at a time, noting the advantages and disadvantages of each.

**Step four** - Decide on the most appropriate solution or solutions. It is sometimes better to choose a solution that can be implemented straight away, even though it might not be 'the best'. Avoid choosing solutions that are too ambitious or hard to fulfil.

**Step five** - Make a plan for how you intend to implement the solution. Include factors such as the required resources (for example, money), help required from other people, time limits or deadlines, possible difficulties that may be encountered along the way, coping strategies for those anticipated difficulties, rehearsal (for example, practising what to say during a job interview), and methods of monitoring and reviewing the effectiveness of the plan.

**Step six** - Review the plan as necessary, perhaps adding or deleting points.

**Step seven** - Implement the plan, with later review and changes if necessary.



## Who is your speaker for today?



**Lionel Hartley**, a retired Christian sociologist and family-life counsellor for three decades, married with 3 grown children, author, radio broadcaster, and public speaker.

Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt),  
DipTheol (SDB), RGN (Psy,PsyPaed,Admin,Nutn),  
BA (Lit), MA, PhD (Pelman)

[www.hartleyonline.blogspot.com](http://www.hartleyonline.blogspot.com)

**We welcome your participation in today's seminar.  
Time will be allowed at the end for your questions.**

# Youthful Ageing

## Three Words and a Phrase

(Not to be filled in until asked to by the presenter!)

Think of three words that you associate with the topic for today's seminar. (Do not choose the seminar title.)

Write the three words here:

1

2

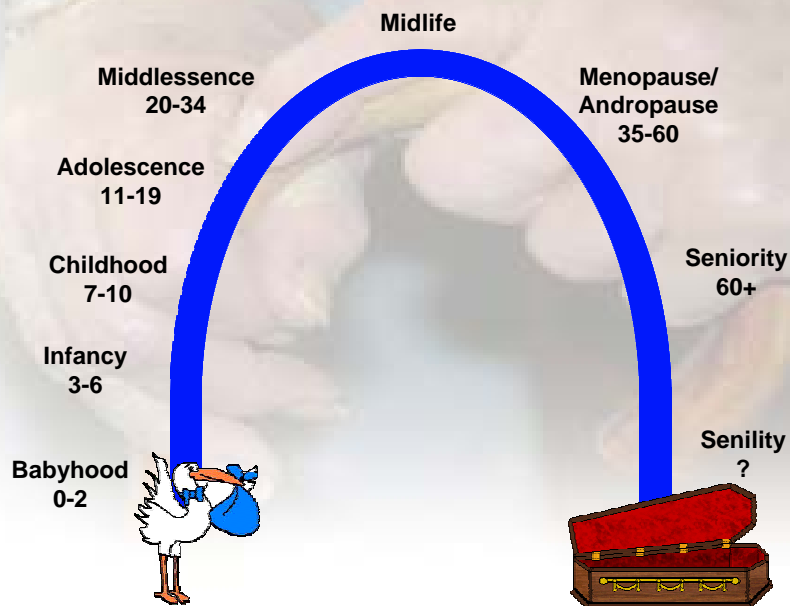
3

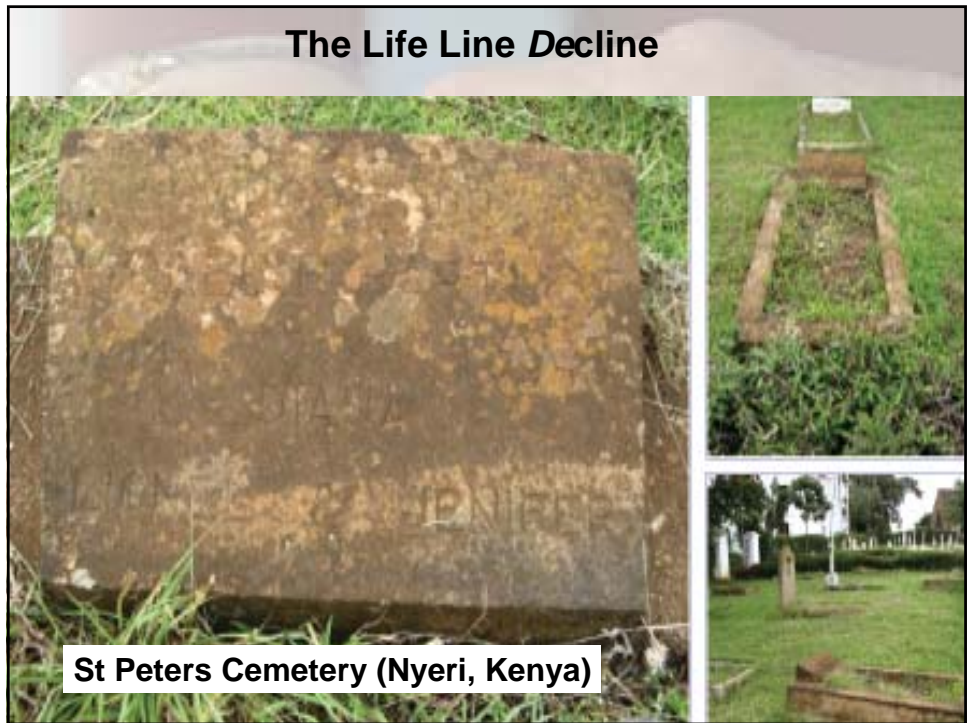
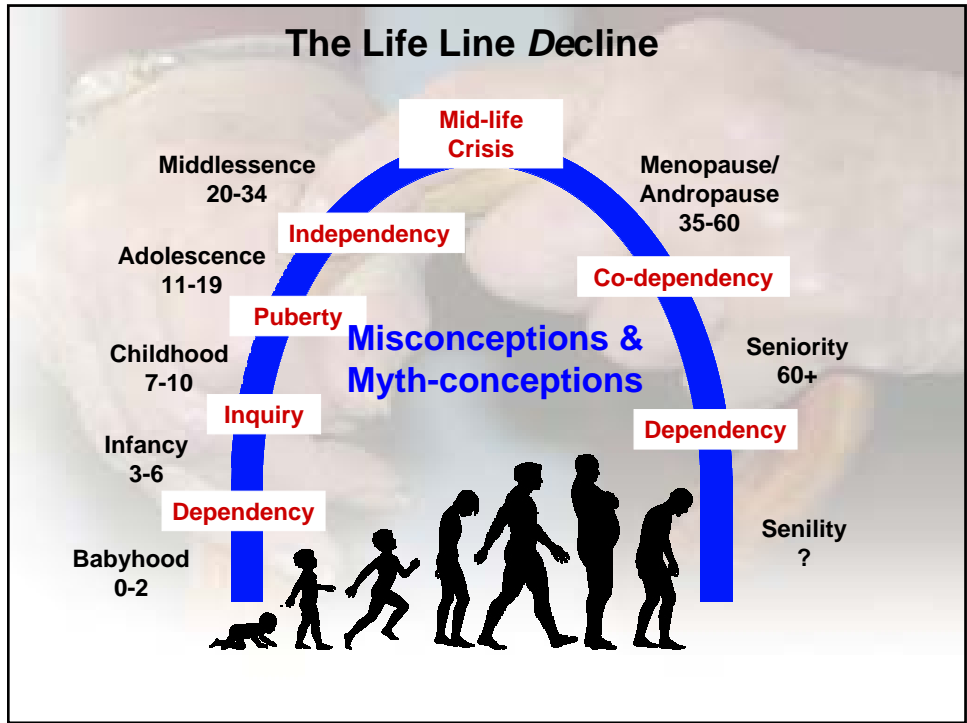
# Youthful Ageing

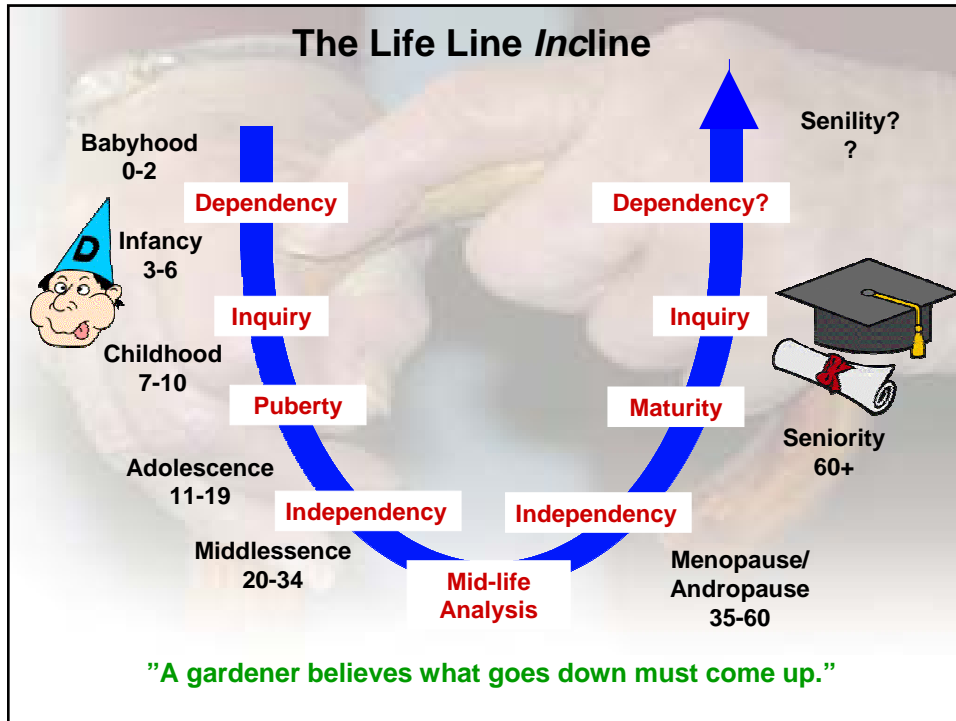
(Growing Older Gracefully)



## The Life Line Decline







# Age is an attitude.

When we stretch our minds,  
We grow flexible, not feeble.

"Alone Together" — watercolour by Hannah Messinger

## I believe in life before death!

## Changes and Challenges

### *Life Expectancy:*

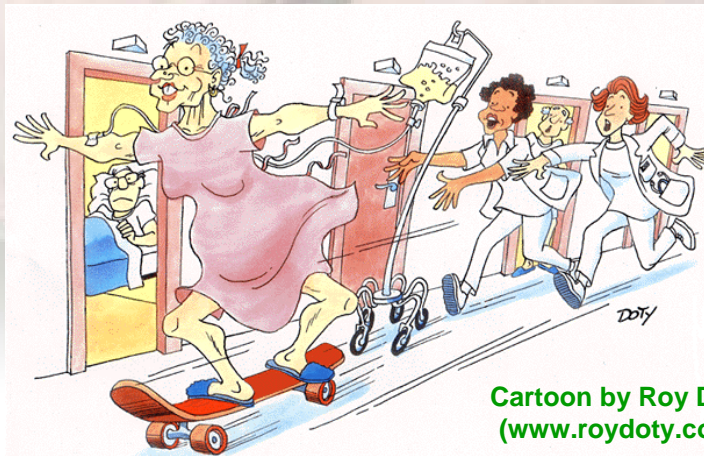
- On average, men now live for 76 years and women live for 81 years.
- There are 75 men for every 100 women aged 65 and over
- And 40 men for every 100 women over the age of 85



**Retired:**  
I was tired  
yesterday  
And I'm tired  
Again today

## The paradox of old age:

Although we have less time to live,  
We have more time to spend.



Cartoon by Roy Doty  
([www.roydoty.com](http://www.roydoty.com))

## The Five Perils of Ageing

- Perturbation - worry and anxiety
- Economics - poverty and security
- Respect – value, possible abuse
- Illness - health, degeneration, disease
- Loneliness

These five perils of ageing  
are subject to attitudinal adaptation!

**ATTITUDE**

## Ageism

“... the discrimination  
against individuals  
based on their age”



- widespread
- generally accepted
- largely ignored



**ATTITUDE**

# Talking and Listening

## Story telling

- Repetition
- Feelings not facts
- True-to-fact vs.  
True-to-life



**ATTITUDE**

# Talking and Listening

## Aids to communication

- Hearing
- Eyesight
- Internet
- Memory aids
- Face-to-face
- Touch



## ATTITUDE

# Talking and Listening

## Communicating

- Hearing Vs Listening
- Hindrances



A drawing of The Euphonia,  
an early mechanical speech  
synthesis machine

## ATTITUDE

# Treating Yourself

**“There is a fountain of youth:  
it is your mind, your talents,  
the creativity you bring to your life  
and the lives of people you love.  
When you learn to tap this source,  
you will truly have defeated age.”**  
— *Sophia Loren*



**ATTITUDE**

## Treating Yourself

**“Age is getting to know  
all the ways the world turns,  
so that if you cannot turn  
the world the way you want,  
you can at least, get out of the way  
so you won't get run over”**

**— *Miriam Makeba***



**ATTITUDE**

## Treating Yourself

**The first half of our lives  
is ruined by our parents,  
and the second half  
by our children.**

**— *Clarence Darrow***

**ATTITUDE**

# Treating Yourself

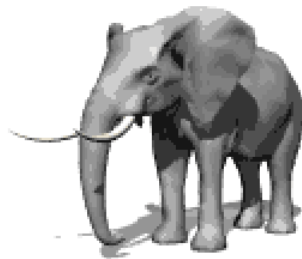
**“The man who doesn't relax and hoot a few hoots voluntarily, now and then, is in great danger of hooting hoots and standing on his head for the edification of the pathologist and trained nurse, a little later on.”**

**— *Elbert Hubbard***

**ATTITUDE**

# IQ Development

## Mind Stretching Exercises



**Denmark**

a country

starts with D



**ATTITUDE**

# Temperance

- **Restraint – Moderation/Abstinence**
- **Rest – Balance with activity**
- **Routine – Develop healthy habits**
- **Reason – Be sensible**



**ATTITUDE**

# Underestimation

**First you are young;  
then you are middle-aged;  
then you are old;  
then you are wonderful  
— Lady Diana Cooper**



**ATTITUDE**

## Diet

**A healthy diet helps you to:**

- **Meet your nutritional needs.**
- **Prevent and treat certain diseases.**
- **Enjoy life.**
- **Feel energetic**
- **Manage your weight.**



**ATTITUDE**

## Diet

**General guidelines for healthy eating:**

- **Don't skip meals.**
- **Learn simple ways to prepare food.**
- **Avoid eating more sugar.**
- **Listen to your body.**

**ATTITUDE**

# Exercise (Activity)

**Moderate, disciplined, regular activity**

- improves balance
- improves coordination
- improves flexibility
- improves mobility
- improves strength



**ATTITUDE**

# Exercise (Safety)

**Falls Prevention**

- Exercise
- Proper footwear
- Think safety



## ATTITUDE

# Economics

### Poverty and Security

- Plan now
- Learn
- Take charge



## ATTITUDE

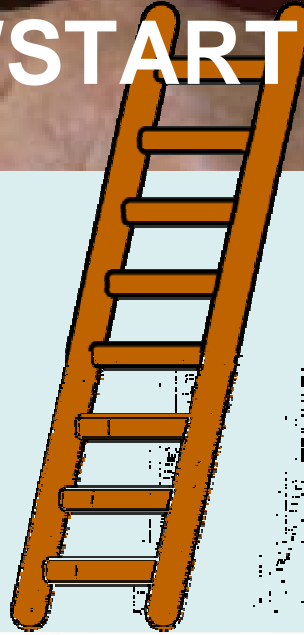
# A T T I T U D E

- ✓ **A**geism
- ✓ **T**alking and Listening
- ✓ **T**reating Yourself
- ✓ **I**Q development & lifelong learning
- ✓ **T**emperance
- ✓ **U**nderestimation
- ✓ **D**iet
- ✓ **E**xercise & **E**conomics



Choices: **NEWSTART**

**The Ladder  
to  
Longevity**



Choices: NEWSTART


**Nutritional balance**

- **Breakfast like a king**
- **Lunch like a prince**
- **Dinner like a pauper**



**Choices: NEWSTART**  
**Nutritional balance**

**Snacks**





**Choices: NEWSTART**

**Exercise**



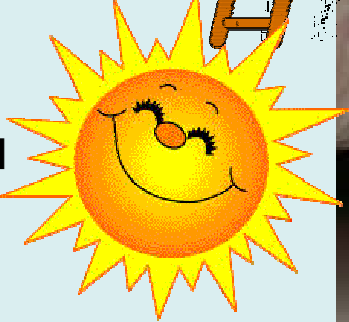

Choices: **NEWSTART**



# Water

The most necessary nutrient

Choices: **NEWSTART**



# Sunshine

- Blood pressure is lowered
- Tension is released
- Nerves are soothed
- Vitamin D supplied
- Increases respiratory volume
- Palliates depression

Choices: **NEWSTART**



**Temperance**



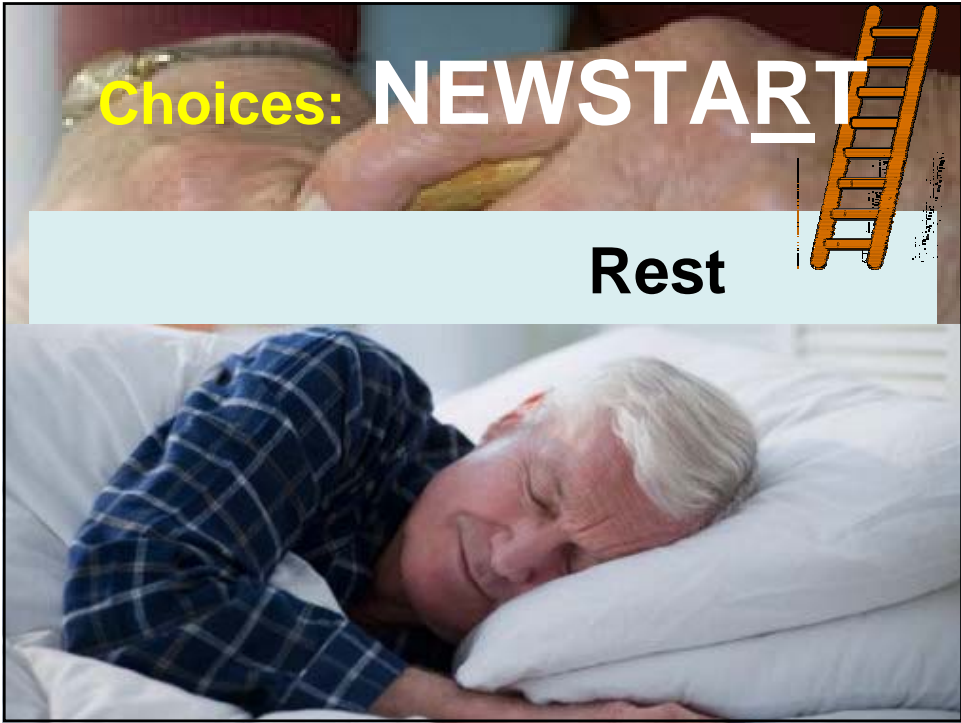
Choices: **NEWSTART**



**Air**

- Please stand
- Take a deep breath in
- Blow it all the way out
- Take another breath in
- Blow it out
- Take one more breath in
- Sing it out....





## Build a Social Network



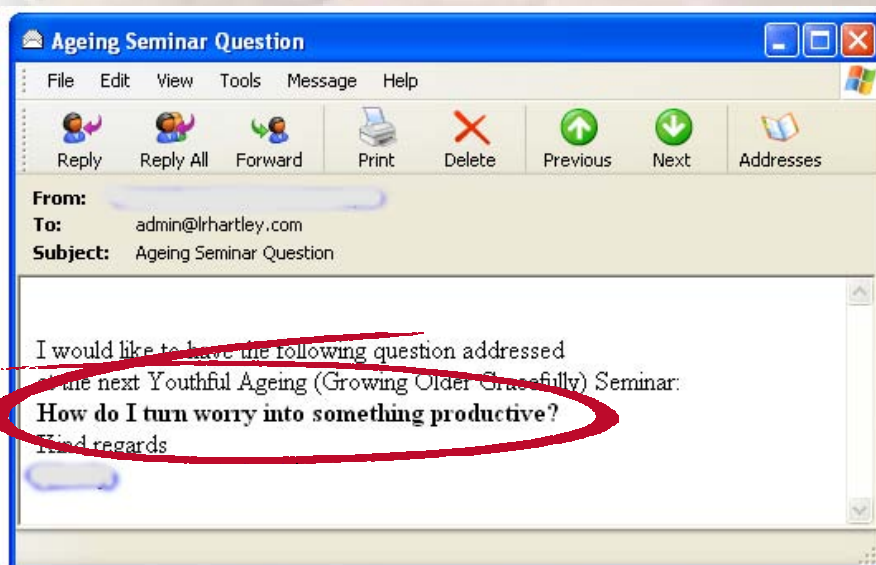
**Adding *years*  
to your life  
and *life* to  
your years**

## Summary

1. Social support network.
2. Personal exercise programme.
3. Take charge of your brain.
4. Think personal safety and your financial future.
5. Eat a low-fat, high-fibre diet.
6. Be aware of the latest nutritional information.
7. Form your own opinions about medicines.
8. Practice light or no drinking or smoking.
9. Remain goal oriented and keep on growing!
10. Remember “*ATTITUDE*” & “*NEWSTART*”.



## Question via email (from website)





# Seminar Resource Booklet

## Programme

- ☞ Converting the Lifeline – The Basic Premise of Youthful Ageing
- ☞ Continuing to Grow – Growing Older Gracefully
- ☞ Changes and Challenges – The Paradox of Old Age
- ☞ Choices – N E W S T A R T
- ☞ Communication – Adding Years to your Life –  
– And Life to your Years
- ☞ Question & Answer Session

The material contained in this Hand-out Booklet is for your INFORMATION ONLY and should not replace the counsel and advice of a personal physician, solicitor or emergency service personnel.

Promptly consulting a specialist is the best path to a quick and successful resolution of any problem — whether legal, medical or social.

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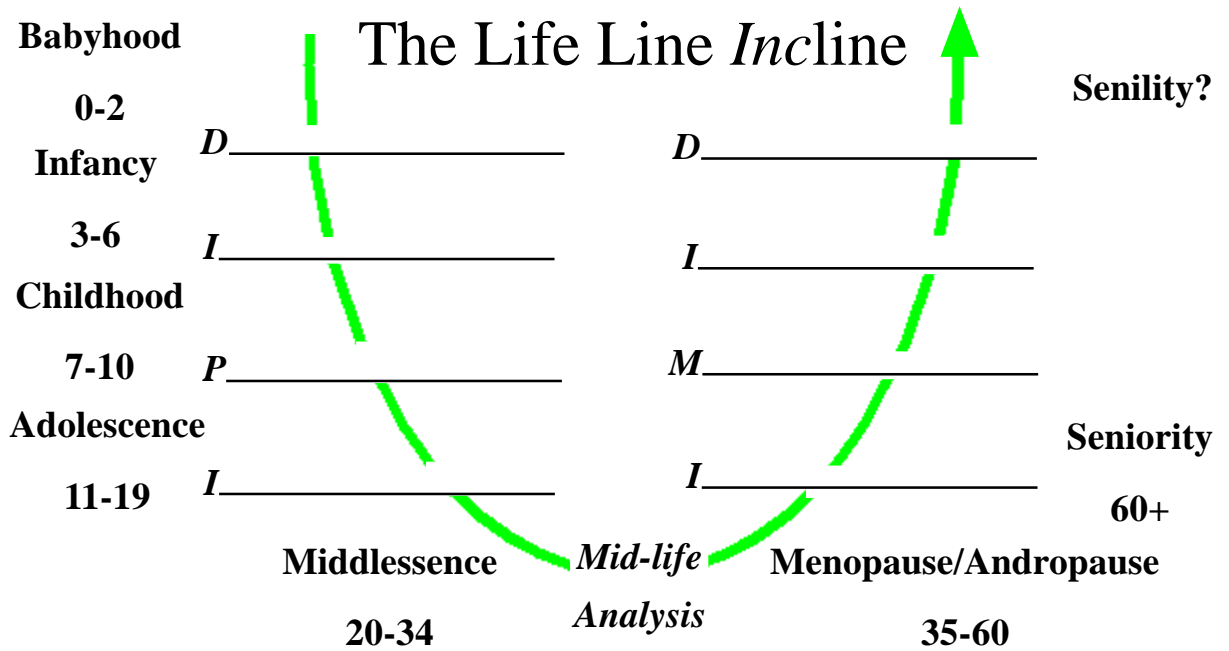


**Welcome to today's seminar.** *Dé la bienvenida al seminario de hoy.*  
ようこそ. Accueillez au séminaire d'aujourd'hui. *Accolga cordialmente al*  
*seminario di oggi.* Welcome. *Bienvenue.* Willkommen. *Begrüßen Sie zu*  
*heutigem Seminar.* Bem-vindo ao seminário de hoje.

For the pleasure of all participants we respectfully request  
that you switch off or mute mobile telephones  
and regard this building as a non-smoking zone. Thank you

---

# Converting the life line...



©Copyright – Lionel Hartley, from *Middlence, Mid-life Crisis & Menopause*, L&R Hartley, 2002

**The paradox of old age is that although**

**we have less time to \_\_\_\_\_,**

**we have more time to \_\_\_\_\_.**

## NEW START

**N** \_\_\_\_\_

**E** \_\_\_\_\_

**W** \_\_\_\_\_

**S** \_\_\_\_\_

**T** \_\_\_\_\_

**A** \_\_\_\_\_

**R** \_\_\_\_\_

**T** \_\_\_\_\_

## Nutrition:

**Breakfast like a \_\_\_\_\_,**

**Lunch like a \_\_\_\_\_,**

**And dinner like a \_\_\_\_\_.**

~~~~~

## Communication:

**Adding Years to your \_\_\_\_\_,**

**And Life to your \_\_\_\_\_.**

"Old age is not a disease – it is strength and survivorship, triumph over all kinds of vicissitudes and disappointments, trials and illnesses."

– Dr. Samuel Johnson (1709-84)

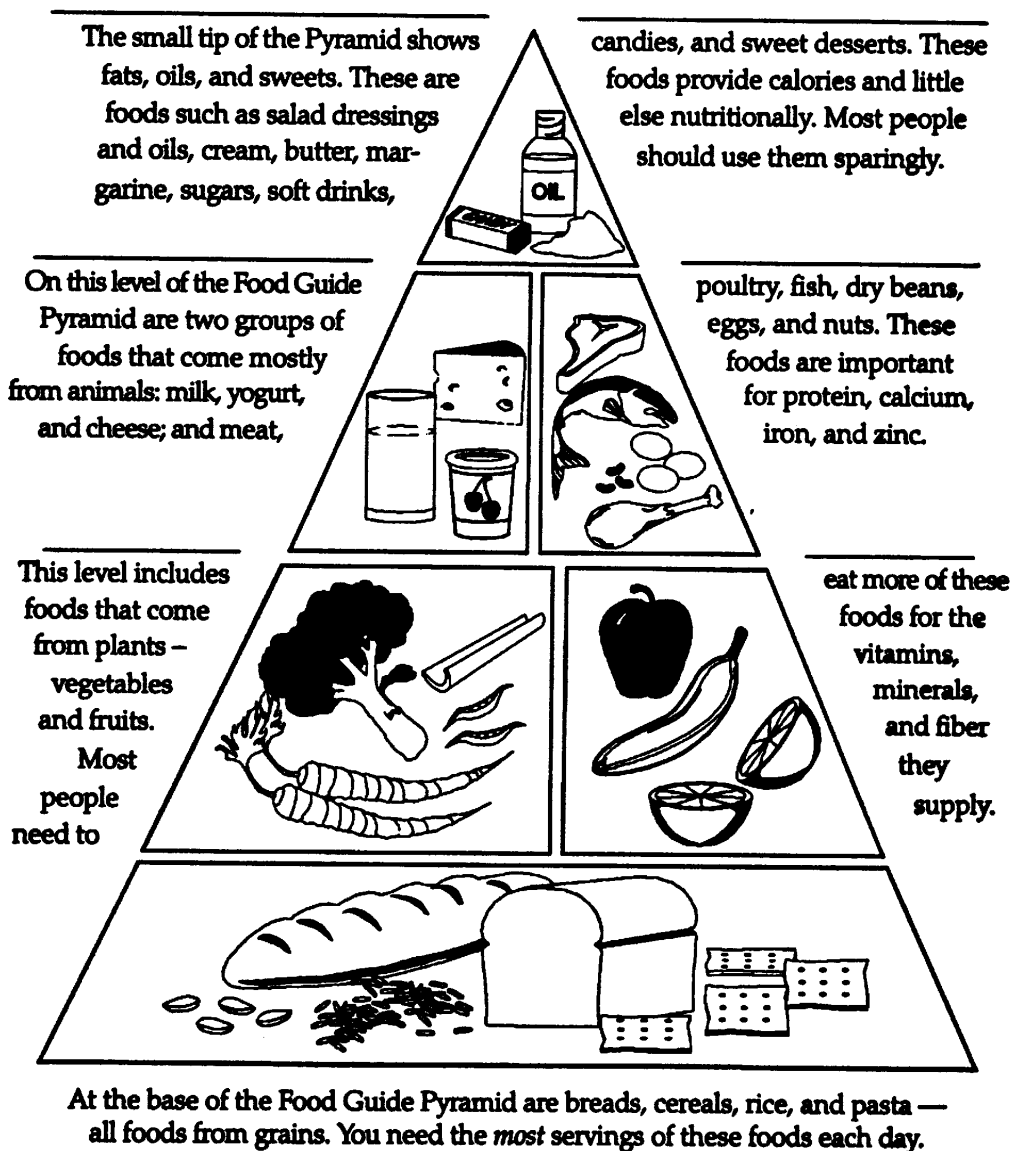
## A B Cs of Good Health:

- **Aim** for fitness with a healthy body weight and active living
- **Build** a healthy base with a variety of nutritious, health-promoting foods, kept safe to eat
- **Choose** sensibly without overdoing on fat, especially saturated fat; sugars; salt; and, for adults who choose to drink them, alcoholic beverages.

Luckily, there is an easy-to-use planning guide and graphic to help you get the nutrients you need from food each day. The Food Guide Pyramid is a good guide for what – and how much – to eat each day.

The Food Guide Pyramid recommends a range of foods and serving sizes.

- Bread, cereal, rice and pasta group: 6-11 servings
- Vegetable group: 3-5 servings
- Fruit group: 2-4 servings
- Milk, yogurt and cheese group: 2-3 servings
- Meat, poultry, fish, dry beans, eggs and nuts group: 2-3 servings
- Fats, oils and sweets: use sparingly.



# Personal Safety for Seniors



## There are easy ways to look out for yourself.

Some of us live in cities. Others of us in remoter locations. Wherever we are, few people feel completely safe anymore. You need to consider your personal safety. Many threatening situations can be diffused early if we simply empower ourselves with knowledge. Like knowing that we can avoid personal attack with the right body language. Or making pacts with our neighbours to look out for each other. Simple yet powerful solutions can help make your world a safer place. Read on.

### STREET SENSE

1. **Send the right message.** When you walk, project confidence and calm; appear to have a destination.
2. **Know the neighbourhoods where you live and work.** Know locations of police and fire stations, public telephones and hospitals, and restaurants or stores that are open late.
3. **Trust your instincts.** If something or someone makes you uneasy, avoid the person or leave.

### WALKING

1. **Stick to well-travelled streets.** Avoid shortcuts through wooded areas, parking lots, or alleys.
2. **Don't flash the cash.** Money is a tempting target, so is jewellery or clothing.
3. **Hold it close.** Carry a purse close to your body, not by the straps. Put a wallet in an inside coat or front pants pocket, not a back pocket or side jacket pocket.
4. **Bank by day.** Try to use cash machines in the daytime. Have your card ready, and don't approach the machine if you're uneasy about people nearby.
5. **Be fit to fly.** Don't wear shoes or clothing that restrict your movements.
6. **Don't fumble around.** Have your car or house key in hand before you reach the door.
7. **Surprise them.** If you think someone is following you, switch direction or cross the street. Walk toward an open store, restaurant, or lighted house. If you're scared, yell your lungs out.
8. **Leave in two's.** If you work late, make sure others are in the building and ask someone -a colleague or security guard - to walk you to your car, bus, or railway station.

### DRIVING

1. **Don't get stuck.** Keep your car in good running order. Make sure there's always enough fuel.
2. **Windows up. Doors locked.** Even if you're coming right back, roll up the windows and lock the doors. Check inside and out before getting in.
3. **Be smart!** Avoid parking in isolated areas. Stay aware in parking areas and underground parking buildings.
4. **Calmly lead them to the police.** If you think someone is following you, don't head home. Drive to the nearest police or fire station, service station, or other open business to get help.
5. **Don't pick up hitchhikers.** Don't hitchhike..

## ON BUSES AND TRAINS

1. **Use well-lighted, busy stops.**
2. **Don't doze or daydream.**
3. **Assert yourself.** If someone harasses you, loudly say "Leave me alone!" If that doesn't work hit the emergency device.
4. **Watch who gets off with you.** If you feel uneasy, walk directly to where there are other people.

## IF SOMEONE TRIES TO ROB YOU

1. **Don't resist.** Give up property and save your life.
2. **Report the crime.**
3. **"Yes, he had an unusual tattoo...."** Memorising traits and characteristics about your attacker can help police find the person later on.

## TAKE A STAND

1. **Make your neighbourhood and workplace safer.** Report broken street lights, clean up parks and vacant areas, and lobby local government for better lighting in public places. It's your right. Make it your obligation.
2. **Be the solution.** Join a Neighbourhood, Apartment, or Office Watch to look out for others. Call the police in your area to find out how you can organise a neighbourhood watch.
3. **Do unto others.** Even if it's simply calling the police on someone else's behalf, your actions can help others from becoming victims of robbery and assault.
4. **Your help is the easiest thing to give.** Lend a hand or an ear to a friend or co-worker who has been a victim of crime. Cook a meal, baby-sit, or call victim services or a crisis hotline. Listen, sympathise, and don't blame.
5. **See the big picture.** Realise that tolerance, equality, and the elimination of poverty, along with better drug treatment services, crime and drug abuse prevention education, and job and recreational opportunities for young people in your community, will make the world a better and safer place. Vote for improvements.

## Outdoor Activity and Exercise



Staying fit is important, and there's no better place to exercise than outside. Whether you walk, bike, hike, or stroll, here are safety tips that will help keep you in the prime of health.

### BEFORE YOU GO

1. **Tell somebody.** Let people know where you are going and when you will return.
2. **"Which way did they go?"** Give friends and family details on where you plan to exercise.
3. **Know the terrain.** Create a mental map of where telephones are located along your route.
4. **Don't flaunt it.** Leave jewellery and cash behind.
5. **Be seen.** Wear reflective material.
6. **Carry ID.** Carry a driver's license. If you don't have a place to carry your ID, write your name, phone number, and blood type on the inside of your walking shoe. Include medical information.

## **WALKING ALONG THE ROAD**

1. **Tell somebody.** Let people know where you are going and when you will return. Tell a family member or friend where you are going and the time you expect to be back.
2. **Stay alert.** The more aware you are, the less vulnerable you are. Watch the road. Wet or icy spots are harder to see in the dark.
3. **Walk together.** Walk with a partner or with a dog if possible.
4. **Don't wear headphones.** Listen to your surroundings instead for approaching cars or potential attackers.
5. **Exercise in familiar territory.** Know which businesses or stores are open. Vary your route.
6. **Walk where it's clear and the light is good.** Avoid unpopulated areas, deserted streets, and unfrequented trails. Avoid poorly lit areas at night.
7. **Stay clear of parked cars or bushes.** -
8. **Walk against the traffic if there's no footpath.** This is the best way to observe oncoming vehicles.
9. **"Sticks and stones...."** Ignore verbal harassment.
10. **Carry a lifeline.** A mobile phone is a good friend in an emergency.
11. **Be observant** and don't avert your eyes, but keep your distance and keep moving.
12. **Trust your instincts.** Your intuition about a person or an area happens for a reason. Avoid areas you feel unsure about.
13. **Answer from a distance.** Be careful if anyone in a car asks you for directions. If you feel safe enough to answer, keep more than a full arm's length away from the car.
14. **Surprise is on your side.** If you think you're being followed, change direction and head for open stores and where there are other people who can help you.
15. **Don't fumble around.** Have your door key ready before you reach your home.
16. **Call the Police.** If something happens to you or someone else, or you notice anyone out of the ordinary, call the police. Your local authorities are also a great resource for finding out about criminal activity in the area where you plan to run.

## **WHEN YOU'RE AWAY FROM HOME**

1. **Ask.** Check with the concierge for safe exercise routes. See if the hotel can arrange access to a health club or gym.
2. **Know your route well.** Get a map and study it.
3. **"Where are you staying?"** Remember the street address of the hotel. Carry your hotel's business card along with personal identification.
4. **Let them help.** Leave your room key with the front desk. Let them know you're out.
5. **Plan for many happy returns.** Being smart and careful can make your next trip much safer.

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# SENIORS FIRE SAFETY CHECKLIST

Fact Sheet 21 – Community Risk Management. Revised 24/11/2004

- BUSH & METROPOLITAN FIRE BRIGADES
- ESA (EMERGENCY SERVICES AUTHORITY)
- RURAL FIRE SERVICES
- SALUBRITY™ SEMINARS

## FACT

Being physically impaired or frail due to advanced age can significantly affect your ability to survive if unfortunate enough to be caught in a home fire.

## ARE YOU FIRE SAFE?

We recommend a simple safety checklist to help keep seniors fire safe:

- Have an adequate number of approved (AS3786) smoke alarms installed and test them regularly.
- Don't try to fight the fire – get out and stay out, and then dial '000' immediately.
- Where possible know two safe and clear ways out of every room in your home.
- Leave a key in the deadlock while at home providing it cannot be seen from the outside (if the lock is visible from the outside, locate the key in a secure place nearby) to enable a quick exit.
- Have an escape plan that all occupants understand in case of fire and practice it regularly.
- Leaving cooking unattended can result in a fire. Switch off all cooking, including microwave ovens, before leaving the kitchen even to answer the phone or doorbell.
- Smoking in bed is dangerous, NEVER EVER SMOKE IN BED.
- Have an approved electrical safety switch (residual current device) installed.
- Be careful of loose fitting garments near heaters and cooking appliances.
- Make sure fans, heaters and their cords are not a trip hazard and are away from curtains, tablecloths and bedding, consider the use of wall mounted fans and heaters instead.
- Don't overload power points and switch off power points when not in use.
- If you have access to the internet, check out the websites below for additional fire safety information.

**REMEMBER THAT FIRE SMOKE IS A KILLER**  
**FOR MORE INFORMATION CONTACT YOUR LOCAL FIRE STATION OR FIRE CONTROL CENTRE**  
or visit: [www.fire.nsw.gov.au](http://www.fire.nsw.gov.au) [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) or [www.esa.act.gov.au](http://www.esa.act.gov.au)

## SENIORS FIRE SAFETY TIPS

- If you need assistance with the installation of smoke alarms or smoke alarm batteries, contact your local Fire Brigade Station.
- Always use a qualified electrician to install or check wiring or appliances.
- Only use fuses of the recommended rating and install an electrical safety switch.

**IN AN EMERGENCY CALL 000**

# Personal Protection For Seniors



***Crimes such as break and enter, assault, robbery and fraud are always hard on the victim. For those citizens who are older and may be living on fixed incomes, these problems are especially difficult.***

## **PREVENTATIVE MEASURES**

- Instead of receiving cheques through the mail on a regular basis, arrange to have them sent to your bank or trust company for direct deposit.
- Arrange to have your rent and other monthly bills automatically deducted from your account.
- Do not carry a purse loose in your hand.
- Never carry large sums of money or valuables on you or in your purse.
- When opening your purse in a shop or a bank, never allow anyone to see how much money you're carrying.
- Don't leave purses unattended in shopping carts or on store counters.
- If someone grabs your purse, do not resist.
- Use a bank safety deposit box for valuables and important documents.
- Use a "buddy system" when going out to the bank or shopping.
- If a close friend or relative dies, never assume their debts. Con artists keep track of debts and attempt to fraudulently obtain monies on this basis. Have someone appointed to take care of all of these matters.



## **FRAUD**

***Fraud is often directed at senior citizens because the con artist takes advantage of circumstances that make seniors more vulnerable. Financial situations, health needs or the reliance on others to do home repairs can make seniors potential targets of con games.***



## **TO PROTECT YOURSELF:**

- Check and verify the identity of all visitors or salespeople to your home.
- Don't do business with the first people to approach you.
- If you are asked to sign any cheques or documents, ensure that it is for a legitimate reason. If in doubt, check with a trusted friend, lawyer, accountant or the police.
- Don't call a number starting with "190". Calling a "190" number is NOT a free call.
- Never give your credit card number, bank information or pension number for "verification" purposes.
- Don't send a company money for taxes. Taxes are not paid to a company for prize winnings.
- Be wary of any "nice" stranger if the conversation deals with money.
- Say "no" to charities if you don't know with whom you're dealing or where the money is going. A common trick is to use a name similar to a well-known charity.

Before donating money, ask for identification of the charity and the person soliciting the money. All legitimate charities are registered. Don't give money at the door unless they have identification and can give a receipt.

## **OTHER CON GAMES**

• **The Home Repair Person** - offers a free inspection and then advises you that you need major repair work done immediately. All that is needed is cash in advance.

– *Obtain References*

– *Visit other homes where the contractor has finished the type of repairs being contemplated and speak to the owners about the contractor's performance.*

– *Obtain a Detailed Written Contract – including exact details of the work to be completed, a completion date, the agreed upon price, and any deposits made. Both the homeowner and the contractor should sign the contract and a copy retained by each.*

– *An Agreed-upon Payment Plan should be in place – most contractors require an initial deposit to purchase materials; however, final payment should not be made until the work is completed, as specified in the contract.*

– *Check their credentials with the Better Business Bureau.*

– *Never pay for work in advance – get several other estimates before signing any contract.*

*And remember, the best price is not always the best deal!*

- **The Service Person** - tries to come into your home to check your phone lines, gas lines, etc.

*Don't open your door to strangers.*

*Call and verify the information.*

*Most legitimate companies will call for an appointment.*

- **The Phoney Bank Inspector or Police Officer** - will call requesting you to withdraw cash in order to help them catch a dishonest employee. You'll turn over your cash to this party and never see it again.

*NO financial institution or police department will call requesting customers to withdraw cash for investigative purposes.*

- **Telephone Fraud** - someone you don't know will telephone you with an offer too good to refuse. You can either send cash or pay using your credit card. You wait for the product to arrive but it never does or it's not quite what you expected.

*Don't buy unsolicited items sight unseen over the phone.*

- **FREE Trip/Prize Scam** - you receive a call or letter congratulating you for winning a boat, car, or trip. In order to collect the prize you must pay a servicing fee or tax. You send in your money but you will never see your prize.

*No legitimate contest requires you to pay any money to claim a prize.*

- **Medical Fraud** - Seniors are targeted for alleged 'good deals' on health or medical items.

*Take their information and then ask your doctor for advice.*

### **IF IT SOUNDS TOO GOOD TO BE TRUE, IT PROBABLY IS.**

- Do not give in to high pressure sales.
- You wouldn't tell a stranger the story of your life. Don't provide personal information over the phone or to anyone at the door.
- Always contact the police if you encounter any suspicious persons or activities.



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Outline courtesy of Peel Regional Police  
Brampton, Ontario, L6v 3W6



# ELDER ABUSE



***Elder abuse is any harm done to an older person caused by a relative, friend, caregiver or person on whom the older person relies for their basic needs.***

Abuse may take one or more of the following forms:

## **PHYSICAL**

- assault
- sexual assault
- unnecessary physical restraint
- burns, cuts, bruises, rope marks or welts

## **NEGLECT**

- abandonment
- failing to provide adequate food, medical services or basic needs

## **FINANCIAL**

- theft or misuse of pension cheques, money or property
- forcing an older person to change a will or sell personal property
- misuse of Power of Attorney
- fraud, forgery or extortion

## **PSYCHOLOGICAL**

- threatening, yelling, insulting, ignoring or frightening
- treating an older person as a child

## **WHO ARE THE ABUSED?**

- They generally know and trust their abusers.
- Most victims are mentally competent and able to make decisions for themselves.
- Older persons who depend on others for daily care may be more at risk.

## **WHO ARE THE ABUSERS?**

- Usually someone who has control or influence over the older person.
- Abusers are frequently dependent on the older person for money or a place to live.
- Individuals with a history of drug or alcohol abuse, or family violence.

## **WHAT ARE THE SIGNS?**

- unexplained physical injuries
- poor hygiene, bedsores
- anxiety, depression, fearful
- malnutrition or dehydration
- over-sedation
- unpaid bills or missing property without explanation

## **WHY THE SILENCE?**

- fear or retaliation or punishment
- afraid of being placed in an institution
- shame, if the abuser is a family member

## **WHAT CAN BE DONE?**

If you are being abused, know someone who might be abused, or are an abuser, it is important to seek help from a public health nurse, social worker, doctor, lawyer or the police.

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## A Prayer for Growing Old Gracefully

(Anon)

Lord, Thou knowest better than I myself that I am growing older and will someday be old. Keep me from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all; but Thou knowest, Lord, that I want a few friends at the end. Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains; they are increasing, and love of rehearsing them is becoming sweeter as the years go by.

I dare not ask for improved memory, but for a growing humility and a lessening surety when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet, for a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places and talents in unexpected people; and give, O Lord, the grace to tell them so.

Amen.

Vincent  
www.vincentgallery.com



## Not Growing Old by John E. Roberts

They say that I am growing old;  
I've heard them tell it times untold,  
In language plain and bold –  
But I am NOT growing old.

This frail old shell in which I dwell  
Is growing old,  
I know full well –  
But I am not the shell.

What if my hair is turning grey?  
Grey hairs are honorable, they say.  
What if my eyesight's growing dim?  
I still can see to follow him  
Who sacrificed His life for me  
Upon the cross of Calvary.

What should I care if Time's old plough  
Has left its furrows on my brow?  
Another house, not made with hand,  
Awaits me in the Glory Land.

What though I falter in my walk?  
What though my tongue refuse to talk?  
I still can tread the narrow way,  
I still can watch, and praise and pray,

My hearing may not be as keen  
As in the past it may have been,  
Still, I can hear my Saviour say,  
In whispers soft, "This is the way."

The outward man, do what I can  
To lengthen out this life's short span,  
Shall perish, and return to dust,  
As everything in nature must.

The inward man, the Scriptures say,  
Is growing stronger every day.  
Then how can I be growing old  
When safe within my Saviour's fold?

Ere long my soul shall fly away  
And leave this tenement of clay;  
This robe of flesh I'll drop, and rise  
To seize the "everlasting prize."  
I'll meet you on the streets of gold,  
And prove that I'm not growing old.

# What are the risk factors for cancer?

*Risk factors* are things that increase your chances of getting a disease. Certain risk factors, like age and family medical history, are not controllable. Other risk factors, like smoking or eating a high fat diet, are things we can control.

## **Major scientifically proven risk factors:**

- Smoking (cigarettes, cigars, smokeless tobacco, marijuana, AND second hand smoke)
- Obesity

- Ultraviolet light (from the sun or tanning beds)
  - Alcohol consumption
- Tobacco use, diet, infectious disease, and exposure to chemicals or radiation cause approximately 75% of all cancer cases.



Other scientifically proven risk factors:

- Inherited gene (mutation change)
- Environmental Pollutants (pesticides, burning fossil fuels)
- Ionizing radiation (x-rays, sun, and radon)
- Viruses (HPV, hepatitis B and C, Epstein Barr)

# What are the signs and symptoms

Although specific symptoms depend on the kind of cancer, there are some general warning signs and symptoms of cancer that you should be aware of. These include:

- Unexplained weight loss
- Fever
- Tiredness
- Pain

Other common symptoms to report to your doctor:

- Change in bowel habits or bladder function
- Sores that do not heal
- Unusual bleeding or discharge
- Lump in the breast or other part of the body.

- Indigestion or difficulty swallowing
- Change in wart or size of a mole
- Nagging cough

# You can protect yourself.....but how?

EAT A HEALTHY DIET— **Vegetables, fruits, whole grains and beans protect you from developing cancer!!** Also, limit consumption of fat, salt, red meat, and meat cooked at high temperatures or in direct flame.



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Get regular exercise, avoid tanning beds, use sunscreen, and limit alcohol consumption. **But most importantly.... Do not smoke!**

