

REINVENTING AGING CONFERENCE:

Embrace Change

SATURDAY, MARCH 15, 9:30 am - 3:30 pm

Join us for the annual Avenidas Reinventing Aging Conference, a resourceful event dedicated to empowering older adults. Don't miss this opportunity to learn, connect, and redefine what aging means to you!



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keynote by gerontologist
Sally Duplantier,
presenting a powerful
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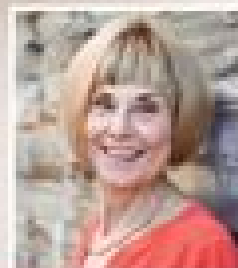


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AGENDA & SESSIONS

9:00 to 9:30 am - Registration & Coffee

9:30 to 10:00 am - Keynote, Sally Duplantier, gerontologist

10:15 to 11:15 am - Why Muscle Matters, Dr. Allan Mishra

Replenishing Rhythms: Tools for Cultivating a Healthy Relationship
with Sleep, Dr. Kristen Faye Bunda

11:30 am to 12:30 pm - Eating for Optimal Health: Impacting
Inflammation, Valerie Woolkey, MS, MBA, RDN

Fake News! - Angela Cearns, AsKevin Digital

12:30 to 1:15 pm - Lunch

1:15 to 2:15 pm - Demos

- Demo: Pole-walking, Jayah Faye Foley, CPT
- Demo: Resistance Band Training, Jenni Castaldo, CPT
- Demo: Therapy Dog Visits, Peninsula Humane Society
- Demo: Chat GPT vs. Deepseek vs. Copilot, Angela Cearns, AsKevin Digital Coaching
- Demo: Healing Sound Bath, Sabrina Huang, Six Senses Healing

2:30 to 3:30 pm - Healthy Posture for Healthy Aging, Esther Gokhale

Be an Inward Traveler: Learn how to explore your world mindfully—
whether near or far, Francine Toder, Ph.D.



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Reinventing Aging

Leslie A. Morgan, Suzanne Kunkel



Reinventing Aging:

Reinventing Aging Shirley Yoder Brubaker, 2003 This book's goal is to revolutionize the way we see and respond to aging in our families and churches The writers share stories and advice that bring growth meaning and understanding to the process of growing older The issues covered range from bodily changes to financial decisions to preparing for death to rediscovering purpose in life Includes study questions and activities **Reinventing Government in the Information Age** Richard Heeks, 2002-01-10 Will information technology help reinvent government It might but only if it is correctly managed This book provides a new model for management of information age reform based on international case studies drawn from the US UK mainland Europe and developing countries It offers practical guidance and analytical insights and will be of value to practitioners students educators and researchers in both public administration and information systems **The Age of Longevity** Rosalind C. Barnett, Caryl Rivers, 2016-08-22 Long productive lives are the destiny of most of us not just the privilege of our great grandchildren The story of aging is not one of steady decline and decay we need a new narrative based on solid research not scare stories Today Americans enjoy a new healthy stage of life between roughly 65 and 79 during which we are staying engaged in the workplace starting new relationships and careers remaining creative and becoming entrepreneurs and job creators We are in the midst of a major paradigm shift in the way we live Our major milestones are shifting The definition of normal behavior is changing Today we marry later or not at all cohabitation is not just a stepping stone to marriage but a long term arrangement for many Women often have their first child in their 40s and increasingly before they marry People enjoy active sex lives well into their 6th 7th or even 8th decades None of our institutions will remain the same People are working longer and given the declining birth rate older workers will be in great demand Four generations are increasingly working side by side learning from each other But we must ensure that the benefits of long life are not limited to a wealthy few The Age of Longevity shows how we as a society can embrace the life altering changes that are either coming in the near future or are already underway The authors give readers a panoramic view of how they the institutions that affect them and the country as a whole will need to adapt to what's ahead They offer strategies based on cutting edge research that will enable individuals institutions companies and governments to make the most of our lengthening life spans Using real life examples throughout the authors paint a picture of what our new longer lives will look like and the changes that need to be made so we can all make those years both more productive and more enjoyable **The Aging Networks, Ninth Edition** Kelly Niles-Yokum, Donna L. Wagner, 2018-12-28 Praise for the Eighth Edition This small volume is not only an excellent learning tool but also a must have handbook for aging professionals in many fields Noreen A Shugrue Research Associate University of Connecticut Center on Aging Farmington CT Educational Gerontology This classic text more relevant than ever as our population rapidly ages delivers comprehensive and up to date knowledge about aging services in the U S Written for both students and practitioners of gerontology along with all professionals involved in the well

being of older adults this highly accessible book provides a current and detailed description and analysis of local to global services for older people with or without cognitive physical or social needs The Ninth Edition is updated to reflect critical changes to legislation health care and recent trends It focuses on the strengths and diversity of older adults and the role our multilayered aging networks play in advocacy community independence and engagement Commentary and critical thinking challenges from policymakers program directors and educators facilitate high level reasoning and independent analysis of aging networks past present and future The ninth edition also offers enhanced resources including a Test Bank Instructor s Manual PowerPoint slides and links to video Additionally the print version of the book includes free searchable digital access to the entire contents New to the Ninth Edition Fully updated to reflect historical context recent trends and challenges and future considerations Addresses the effects of our current political and ideological landscape on aging networks including a Call to Action Examines the current status of Medicare and Medicaid Meals on Wheels and the impact of the ACA Discusses long term services and supports disaster preparedness and climate change caregiving as a human right and LGBTQ services and support Presents new case studies providing evidence based best practice initiatives and new innovations Delivers enhanced instructor resources including Test Bank Instructor s Manual Power Point slides and video links Key Features Focuses on the strengths of older adults and the role our multilayered aging networks play in advocacy community independence and engagement Provides commentary and critical thinking challenges from policy makers program directors and educators to facilitate high level analysis Addresses changing demographics and future challenges Offers Voices from the Field boxes and Critical Thinking topics and questions to encourage reflection and discussion Unravelling Anti-Aging

Jason L. Powell, 2024-04-25 In a society where youthfulness and vitality are highly valued the quest for anti aging solutions has become increasingly popularized in bio medical gerontology However navigating the vast sea of information products and treatments can be overwhelming there is limited academic rigor and theoretic critique from sociological perspectives This book aims to demystify the concept of anti aging and presents critical social approaches for maintaining a healthy life By exploring the science lifestyle factors and power of bio medicine the book will provide readers with a comprehensive monograph to unlock the politics of anti aging drawing from social approaches **Baudrillard and Aging** Jason Powell, 2025-04-07 Baudrillard and Aging seeks to delve into the intricate relationship between age and society drawing on the influential theories of French philosopher Jean Baudrillard This book will explore how aging and the aging process are shaped by the hyperreal world we inhabit emphasizing the paradoxical amplification of youth and the loss of authenticity in contemporary society By analyzing Baudrillard s theories in the context of aging this book aims to provide a fresh perspective on the challenges and paradoxes faced by individuals as they grow older In our modern society aging is a complex and multifaceted phenomenon that is often met with anxiety and resistance Jean Baudrillard s original theories on simulation hyperreality and the collapse of meaning offer unique insights into how the aging process has been transformed and

mediated within a culture that relentlessly fetishizes youthfulness This book will examine how the hyperreal simulacra of aging are constructed perpetuated and imposed upon individuals as they age It will also explore the consequences of this simulated lifecourse including the erasure of authentic experiences of aging and the subsequent alienation and dissatisfaction experienced by older individuals Religion and the Technological Future Calvin Mercer, Tracy J.

Trothen, 2021-02-22 We live in an age of rapid technological advancement Never before has humankind wielded so much power over our own biology Biohacking the attempt at human enhancement of physical cognitive affective moral and spiritual traits has become a global phenomenon This textbook introduces religious and ethical implications of biohacking artificial intelligence and other technological changes offering perspectives from monotheistic and karmic religions and applied ethics These technological breakthroughs are transforming our societies and ourselves fundamentally via genetic modification tissue engineering artificial intelligence robotics the merging of computer technology with human biology extended reality brain stimulation and nanotechnology The book also considers the extreme possibilities of mind uploading cryonics and superintelligence Chapters explore some of the political economic sociological and psychological dimensions of these advances with bibliographies for further study and questions for discussion The technological future is here and it is up to us to decide its moral and religious shape A Couple's Guide to Happy Retirement And Aging Sara Yogev, 2018-03-01

Wise practical wryly good humored and immensely helpful this book is a must read for the millions of boomers entering retirement age Jane Mansbridge PhD Adams Professor Kennedy School Harvard University A Couple's Guide to Happy Retirement is the most comprehensive book devoted entirely to relationship issues in retirement Not a treatise on money management this is a much needed guide to the psychological aspects of retirement and how to make your retirement relationship happy fruitful loving and successful Written by a psychologist specializing in work and family issues and drawing from actual accounts from retired couples this book helps you prepare emotionally for the dramatic life changes during retirement coaches you to find new purposes to your life beyond work nurtures the relationship with your companion to strengthen your friendship and love explores sexuality after retirement and how you can enjoy each other as much as you did as a younger couple and recommends strategies to successfully deal with differences around money time together versus apart housework and family relationships It is crucial that couples prepare themselves and their marriages psychologically for what could very well comprise a quarter of their lives A Couple's Guide to Retirement shows you how to do that so that you'll have the time of your lives An extremely helpful perspective in meeting the challenge of aging and retirement young or older James I Ausman MD PhD and Carolyn R Ausman BSS executive producers and creators of The Leading Gen A wise optimistic straightforward and practical guidebook I highly recommend it William Pinsof PhD founder and past president of Family Therapy Institute Northwestern University **Beyond Age Rage** David Cravit, 2012-05-16 The headlines are getting more frequent the language more inflammatory A war between the generations The greedy boomers refusing to get out of the way The hapless

millennials struggling to find a footing A crisis in pensions A crisis in jobs A crisis in health care But is that the true story In this provocative new book David Cravit author of *The New Old* dissects the apparent war and comes to some surprising conclusions Yes there are intergenerational conflicts and some of them look serious but the war is a matter of emotion more than reality Yes the boomers and seniors are changing all the rules of the expected way to age but the results are anything but dire as so many pundits would have us believe Yes the millennials are outnumbered and ill equipped but they re being saved anyway As Cravit shows even as the apparent intergenerational war unfolds the winning army is already creating the peace and the foundations for a much more creative cooperative and successful society of the future *What's Next?* D.

Roche-Tarry,D. Roche-Lebrec,2011-10-12 Studies the steps taken by a group of professionals from the Boomer generation as they move from a linear career path into an uncharted stage somewhere between middle age and old age a continued professional life and traditional retirement What is next for those professionals who do not want to take a back seat at retirement age **The Senior Cohousing Handbook, 2nd Edition** Charles Durrett,2009-05-01 No matter how rich life is in youth and middle age the elder years can bring on increasing isolation and loneliness as social connections lessen especially if friends and family members move away Senior cohousing fills a niche for this demographic the healthy educated and proactive adults who want to live in a social and environmentally vibrant community These seniors are already wanting to ward off the aging process so they are unlikely to want to live in assisted housing Senior cohousing revolves around custom built neighborhoods organized by the seniors themselves in order to fit in with their real needs wants and aspirations for health longevity and quality of life Senior Cohousing is a comprehensive guide to joining or creating a cohousing project written by the U S leader in the field The author deals with all the psychological and logistical aspects of senior cohousing and addresses common concerns fears and misunderstandings He emphasizes the many positive benefits of cohousing including Better physical mental emotional and spiritual health Friendships and accessible social contact Safety and security Affordability Shared resources Successful aging requires control of one s life and this generation of seniors the baby boomers will find this book holds a compelling vision for their future **Ageing** Nancy A. Pachana,2016-11-17 Ageing is an activity we are familiar with from an early age In our younger years upcoming birthdays are anticipated with an excitement that somewhat diminishes as the years progress As we grow older we are bombarded with advice on ways to overcome thwart resist and on the rare occasion embrace one s ageing Have all human beings from the various historical epochs and cultures viewed aging with this same ambivalence In this Very Short Introduction Nancy A Pachana discusses the lifelong dynamic changes in biological psychological and social functioning involved in ageing Increased lifespans in the developed and the developing world have created an urgent need to find ways to enhance our functioning and well being in the later decades of life and this need is reflected in policies and action plans addressing our ageing populations from the World Health Organization and the United Nations Looking to the future Pachana considers advancements in the provision for our ageing

populations including revolutionary models of nursing home care such as Green House nursing homes in the USA and Small Group Living homes in the Netherlands She shows that understanding the process of ageing is not only important for individuals but also for societies and nations if the full potential of those entering later life is to be realised ABOUT THE SERIES The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area These pocket sized books are the perfect way to get ahead in a new subject quickly Our expert authors combine facts analysis perspective new ideas and enthusiasm to make interesting and challenging topics highly readable *The Cultural Context of Aging* Jay Sokolovsky,2020-06-09 From the laughing clubs of India and robotic granny minders of Japan to the Flexsecurity system of Denmark and the elderscapes of Florida experts in this collection bring readers cutting edge and future focused approaches to our aging population worldwide In this fourth edition of an award winning text on the consequences of global aging a team of expert anthropologists and other social scientists presents the issues and possible solutions as our population over age 60 rises to double that of the year 2000 Chapters describe how the consequences of global aging will influence life in the 21st century in relation to biological limits on the human life span cultural construction of the life cycle generational exchange and kinship makeup of households and community and attitudes toward disability and death This completely revised edition includes 20 new chapters covering China Japan Denmark India West and East Africa Indonesia Mexico Peru indigenous Amazonia rural Italy and the ethnic landscape of the United States A popular feature is an integrated set of web book chapters listed in the contents discussed in chapter introductions and available on the book s web site **Aging, Society, and the Life Course, Fourth Edition** Leslie A. Morgan,Suzanne Kunkel,2011-03-15 Doody s Score 91 4 Stars This book s unfading preoccupation with social context social processes and social structures distinguishes itself and greatly contributes to the discourse in gerontology The Gerontologist This is a comprehensive textbook for both undergraduate and graduate level courses detailing the impact of societal forces on the aging process The book focuses on the diversity of the older population examining it from micro macro perspectives in order to understand aging and the life course as social phenomena This latest edition examines significant changes in the field of social gerontology such as the paradigms of aging and the life course the baby boomer cohorts as they approach retirement and later life the growing interest in global aging and civic engagement This text encourages students to examine aging from personal familial community societal and global perspectives including both the positive and negative realities of aging Key Features Provides websites of interest at the end of each chapter Presents provocative essays on love sex music medicine and crime to further expand on chapter contents Provides review questions and key terms as study guides at the end of each chapter Boomer Bust? Robert B. Hudson,2008-11-03 Seventy six million Baby Boomers are careening toward retirement in the United States Demographic shifts toward aging populations are taking place around the Western world as a variety of factors biological technological medical and sociocultural are extending life spans Meanwhile birth rates are declining The scaremongers

argue that this generational shift is going to be disastrous It will result in skyrocketing tax rates lower retirement and health benefits higher inflation increased unemployment and poverty political instability and a host of other societal ills But will it In Boomer Bust Robert Hudson assembles leading authors from fields such as economics political science and finance to separate fact from fiction highlight the terms of debate and showcase innovative policies that will prevent disaster from occurring From topics like Social Security to older people rejoining the workforce to the elderly as a political lobby this two volume set covers the gamut of economic political financial and business issues related to aging The Boomer generation will leave one of the largest footprints the world has yet seen In retirement as in all else this generation is blazing a path affecting succeeding generations profoundly Boomer Bust charts a path through the thicket of personal and public policy choices facing not just Baby Boomers but all of society

Facilitating Aging in Place: Safe, Sound, and Secure, An Issue of Nursing Clinics Lazelle E. Benefield, 2014-06-28 The articles appearing in this geriatrics focused issue are consistent with the collaborative and translational concepts held by a life course perspective Each supports interprofessional collaboration and some are either authored or coauthored by interdisciplinary colleagues Three goals are reflected in these articles keeping community dwelling older adults safe sensible and secure with solutions that will enable them to stay healthy wise and aware Topics include maintaining physical functions benefits and consequences of weight bearing exercise on foot health cancer prevention managing nocturia s effect on sleep quality and safety protection from financial exploitation and providing safe and affordable living environments Several articles address physical or cognitive challenges that include monitoring medication adherence threat of anxiety and stigma in dementia and approaches to managing self care in the home for persons with dementia These evidence based articles address emerging and best practices to support targeted interventions for persons in community dwelling home settings They provide a frame work of person centered approaches that foster good health in older age a central tenet of aging in place and the global response to population aging

Reinvent Yourself at Any Age Viriversity Online Courses, 2025-11-04 Reinvent Yourself at Any Age is a comprehensive midlife reinvention course designed to help you embrace change rediscover your purpose and create a fulfilling new chapter in life This midlife personal growth course provides practical tools and mindset strategies that empower you to navigate midlife transformation with confidence and clarity Discover Strategies to Transform Your Midlife Journey Gain clarity on your core values and what truly matters now Build confidence by overcoming fear and resistance to change Create meaningful goals and a personalized action plan for lasting transformation Develop resilience and cultivate a growth mindset for continuous improvement Explore new career and life opportunities aligned with your authentic self Establish healthy habits emotional intelligence and strong support networks Celebrate milestones and maintain motivation through reflection and social connection A midlife transformation course offering proven techniques to support career changes personal growth and life redefinition This midlife career change course begins by guiding you to understand the dynamics of midlife transformation allowing you to

welcome change as an opportunity rather than a setback You will learn how to assess your current life situation honestly and reconnect with your core values ensuring that your next steps are truly aligned with what matters most to you Overcoming fear and resistance is a key focus of this midlife self improvement course helping you build the confidence necessary for meaningful change Through practical goal setting lessons and the creation of a personalized action plan you will develop clear strategies to move forward with purpose and intention Building resilience and cultivating a growth mindset are essential skills taught within this midlife life coaching program These mindset shifts enable you to face midlife challenges with strength and embrace lifelong learning ultimately fostering sustainable personal growth As you redefine your purpose and passion you ll explore exciting new career and life opportunities that resonate with your authentic self Wellness and relationships are also crucial components of this midlife reinvention program You ll learn how to create healthy habits that support balance and well being enhance emotional intelligence to improve self awareness and build support networks by connecting with like minded communities The course also offers guidance on managing social changes and maintaining healthy relationships through this period of transition By celebrating your milestones and reflecting on your progress regularly this midlife personal growth course keeps you motivated and focused on your journey After completing Reinvent Yourself at Any Age you will emerge with a renewed sense of purpose the skills to manage change confidently and a clear path toward a fulfilling and empowered next chapter in your life

Towards a Medical Anthropology of Ageing Miguel Kottow, 2018-10-19 The proportion of people over 65 is substantially increasing and will continue to do so in the coming decades Societies are concerned about the depletion of pension funds and austere fiscal plans that are unable to subsidize the basic care protection and needs of their growing elderly populations Gerontology is rapidly becoming a burgeoning research discipline that studies multiple aspects of human ageing leading to top down social policies that ineffectually address the significant needs of aged persons Geriatric medicine has also expanded attempting to medicalize the ageing process into a disease free stage of healthy ageing Ageing itself this book argues however is not a disease per se and should not be medicalized In an era of uncertain medical expectations and unfulfilled social care of the ageing this book presents an anthropological view that focuses on three essential and transcendental conditions of human life that become vulnerable with advancing age namely relating to others being in the world and leaving a mark or legacy in the world *Ageing America and Transportation* Joseph Coughlin, Lisa D'Ambrosio, 2012-01-20 Recommended CHOICE Current Reviews for Academic Libraries Coughlin and D'Ambrosio's edited volume is a welcome contribution to highlighting this issue for gerontologists The collection is an informative and useful reference for students researchers practitioners planners and policy analysts The Gerontologist This solution focused volume fills a gap in the literature by addressing the key issues around mobility and transportation for the aging Baby Boomer generation issues that will be significantly different than those of previous generations of older adults This new generation many of whom will continue to work past the traditional retirement age and

expect to pursue an active lifestyle may have to confront new transportation technology the need to use public transportation and ways to continue driving safely as their eyesight fades and reaction time slows down This volume examines many of the issues faced by policymakers transportation officials vehicle manufacturers health and human services professionals and aging adults themselves as the largest generation prepares to enter late adulthood The volume s editors are both at the MIT AgeLab whose multi disciplinary team designs develops and deploys innovations to enhance quality of life for aging populations Through the contributions of a diverse group of theorists and practitioners including recommendations from the National Older Driver Safety Advisory Council a collaboration between AARP s Driver Safety Program and the MIT AgeLab the book discusses several key topics pertinent to Aging America and transportation Among them are the changing demographics of the population how this generation s lifestyle choices affect mobility technology trends in private vehicles changes in the infrastructure and transportation system the new older driver and issues of safety and education among older drivers This book also explores practical solutions and strategies such as new transportation options and innovations that will significantly impact the future of mobility for older adults for keeping these seniors active and mobile well into their later years

Key Features Focuses on the unique mobility needs of the aging Baby Boomer generation Provides practical solutions and strategies for policy changes to enhance the mobility of older adults Examines issues faced by policymakers transportation officials vehicle manufacturers health and human services professionals and aging adults Discusses strategies for updating the infrastructure and transportation system driving safety education for older drivers and trends in private vehicle innovations

Portfolio Life David D. Corbett, 2011-01-13 Praise for Portfolio Life Dave Corbett s book turns two simple ideas into a program for life enrichment that you can create a life expressly for yourself and that the so called retirement years are the best time to do it Drawing on a lifetime of work with people who were rethinking what they wanted and their direction he shows how to do both those things Be warned If you read the book you re going to be changed But I think you ll like how you turn out Bill Bridges author Transitions and Job Shift Dave s book reveals a powerful and profound formula for crafting a genuinely rich life If you agree that retirement is pass and you are a lifelong learner and have a desire to make your life count in a deeply fulfilling way you will love this book Fred Harburg former chief learning officer and president Motorola University Healthy fit financially secure and happy for another 40 years Is there really that kind of gold over them thar hills Yes and Portfolio Life is the guide leading boomers to a life path never before traveled by so many Don t pass 50 without it Natalie Jacobson news anchor WCVB TV Boston This is the work of a wise thoughtful author with decades of experience helping people be more successful in the next chapter of their lives It will help you embrace change and explore the possibilities that come with an additional 20 to 30 productive years to be designed and lived on your own terms Anne Szostak chairman The Boys Girls Clubs of America This timely book should be read by anyone of any age who wants his or her life to have meaning and purpose beyond the accumulation of money and things Millard Fuller founder Habitat for

Humanity and the Fuller Center for Housing

This book delves into Reinventing Aging. Reinventing Aging is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Reinventing Aging, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Reinventing Aging
- Chapter 2: Essential Elements of Reinventing Aging
- Chapter 3: Reinventing Aging in Everyday Life
- Chapter 4: Reinventing Aging in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Reinventing Aging. The first chapter will explore what Reinventing Aging is, why Reinventing Aging is vital, and how to effectively learn about Reinventing Aging.
3. In chapter 2, the author will delve into the foundational concepts of Reinventing Aging. This chapter will elucidate the essential principles that must be understood to grasp Reinventing Aging in its entirety.
4. In chapter 3, this book will examine the practical applications of Reinventing Aging in daily life. This chapter will showcase real-world examples of how Reinventing Aging can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Reinventing Aging in specific contexts. The fourth chapter will explore how Reinventing Aging is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Reinventing Aging. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Reinventing Aging.

<https://pinsupreme.com/public/uploaded-files/index.jsp/Second%20Inspector%20Thanet.pdf>

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Reinventing Aging Introduction

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