

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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The day kicks off with a
keynote by gerontologist
Sally Duplantier,
presenting a powerful
talk about embracing new
challenges at any age.



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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 Bunde

11:30 am to 12:30 pm - Eating for Optimal Health: Impacting
Inflammation, Valerie Woolley, 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.



Avenidas
Re-Inventing Aging

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Reinventing Aging

Shirley Yoder Brubaker



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

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 *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 **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

AARP® Crash Course in Finding the Work You Love Samuel Greengard, 2011-02-01 Boomers reinvented society Now they re reinventing themselves and AARP wants to facilitate that process AARP Crash Course in Finding the Work You Love explores both the motivations and the methods of those taking part in the social phenomenon known as recareering Whether they are old enough to have earned their AARP card or not a new generation of American workers is no longer counting the days until retirement instead they re seeking greater fulfillment in their personal lives by tackling new and often much more socially significant work Switching careers is a challenge at any age yet boomers may have more to overcome than their younger counterparts They must beef up their education or seek out retraining cope with seismic lifestyle shifts such as less income and a new circle of friends and reconcile themselves to the fact that even the most rewarding position is no panacea for life s problems Author Sam Greengard brings a wealth of knowledge to this timely topic Since 1981 he has written about career issues for publications as diverse as The Chicago Tribune Family Circle The Los Angeles Times MSNBC MSN Online Wired and Workforce Management Here Greengard shows readers how to sort out their feelings about their existing career successfully transition to a new one and work toward a greater sense of balance in their daily lives Profiles of recareering veterans show how others have attained their own goals These are rounded out by tips quizzes worksheets how to sidebars and other practical resources With this handbook to guide them readers of any age can finally make the leap to finding the life s work they will truly love

Beyond Age Rage David Cravit, 2012-04 In this provocative new book Cravit author of The New Old dissects the apparent war between the baby boomers and the millennials and comes to some surprising conclusions

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

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

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

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

Ageing Nancy A. Pachana,2016

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.

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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.

Gerontology Kenneth Ferraro, Janet Wilmoth, 2013-04-26 This newest edition of a core graduate-level textbook has added six new chapters to further enrich the gerontological imagination and encourage an interdisciplinary approach to the study of aging. Academically rigorous yet clear and accessible, the text provides the most current findings from leading gerontological researchers and practitioners. New and updated chapters examine biology, exercise science, nutrition, communication science, geriatric medicine, and nursing, demography, anthropology, economics, human development, psychology, political science, sociology, social work, and law to provide broadly drawn perspectives on the study of aging. Special emphasis is placed on current challenges regarding policy and service delivery in the face of fiscal

uncertainty Additionally this new edition covers international outlooks on aging given the increasing influence of globalization on individual lives By interweaving knowledge from a broad range of disciplines Wilmoth and Ferraro have created a comprehensive picture of gerontology today that will enhance course instruction and provide a new window into the future of the discipline New chapters address Geriatric medicine and nursing Communication disorders and aging International and cross cultural perspectives on aging Public policy and the needs of diverse aging populations Geriatric social work Legal perspectives on aging Key Features Interweaves current gerontological research and ideas from multiple disciplines Addresses biology psychology human development sociology and economics as they relate to gerontology Presents additional disciplinary perspectives including exercise science nutrition communication science geriatric medicine and nursing demography anthropology political science social work and law Includes Ferraro s classic chapter on The Gerontological Imagination

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

Aging, Society, and the Life Course, Fifth Edition Leslie A. Morgan, PhD, Suzanne Kunkel, 2015-07-20 Print CourseSmart

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 *Aging, Society, and the Life Course* Leslie A. Morgan, Suzanne R. 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 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

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Reinventing Aging Introduction

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web he hans rudel flew over 2 500 combat missions in ww2 most of them on the deadly eastern front where many pilots didn t survive their first few missions his iron will loyalty to his country comrades and friends and perhaps above all his abominable bravery earned him the highest awards ever given to a german soldier

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