

May-June 2009

Center for Positive Aging

Positive Aging Matters



Connecting you to the resources you need

Congregational Affiliates

- All Saints Episcopal
- Cascade United Methodist
- Central Presbyterian
- First Congregational
- First Presbyterian
- Newnan Presbyterian
- North Ave. Presbyterian
- Peachtree Christian
- Lutheran Church of the Redeemer
- Rock Springs Presbyterian
- Sacred Heart Catholic
- Spiritual Living Center of Atlanta
- Springfield Missionary Baptist
- St. Luke's Episcopal
- St. Mark United Methodist

Community Partners

- Arlington Memorial Park
- Arbor Company
- ARC/ Area Agency on Aging
- Asbury Harris Epworth Towers
- Brookwood Printing
- Calvin Court Senior High Rise
- Campbell-Stone Apartments
- Care Improvement Plus
- Coldwell Banker
- Daniel Munster & Associates
- Delmar Gardens of Gwinnett
- D.K. Lippy Construction Co.
- Emory Health Care System
- Every Day Home Care
- Georgia Power
- HomeWell Senior Care
- GT: Human Factors Department
- Highland Athletic Club at Atlanta Medical Center
- Kadan Homecare
- Northwestern Mutual Financial Network
- Junior League of Atlanta
- Lanier Village Estates
- Lutheran Towers
- New York Life,
- Maurice Daniel, Agent
- Personal Care, Inc.
- Presbyterian Homes
- REMAX agent Stephany Cross
- Sixty-Plus Older Adult Services of Piedmont Hospital
- Sunrise Senior Living
- SunTrust Bank
- Visiting Nurse/Hospice Atlanta

Maintaining Your Life's Purpose

The Staff and Residents of Lutheran Towers invite you to a complimentary afternoon event on Tuesday, June 9th, 2009 at Lutheran Church of the Redeemer for a presentation on *Maintaining Your Life's Purpose*. World- renowned author and psychologist Richard Taylor, PhD., will speak to your heart about the importance of putting people first — no matter their age, illness or diagnosis. Relationships and community are the key to life and staying “in the moment!”.

habitual thoughts that increase sadness and anxiety, by honoring our bodies with good food and exercise and by developing a spiritual model of living that reflects selflessness and a positive outlook, we will never lose sight of what is purposeful in our lives. The art of nurturing our mind, body and spirit gives balance to our lives. It is the path to fulfilling our true purpose.

Maintaining Your Life's Purpose Schedule

Tuesday, June 9th, 2009

12:30 Registration

*1:00 Maintaining Your Life's Purpose
Richard Taylor*

2:15 Networking & refreshment break

*2:30 Positive aging & You Panel dialogue
with Richard Taylor*

3:30 Adjourn and book signing

You must be registered to attend!

Call 404-872-9191 ext 12

Or go to

www.centerforpositiveaging.org/currentevents

Come experience community as Richard talks about how to better communicate and care for one another and the significance of maintaining a sense of purpose throughout your life.

Richard Taylor is a champion for individuals with Alzheimer's, with a message that resonates with all of us. He was diagnosed with Alzheimer's like dementia at age 58. Now 66, he is dedicated to sharing his personal odyssey with dementia by giving us a rare glimpse into what it feels like to be on the receiving end of a diagnosis. He is the author of the book *Alzheimer's from the inside Out*, translated for distribution throughout the world, that will be available for a book signing after this presentation.

Richard Taylor will speak on maintaining our life's purpose, and following a networking refreshment break, he will be joined by a panel to discuss “Positive Aging & You”. The synergy of mind, body and spirit gives our life true value. As individuals, we are made of body, breath, mind, and soul. There is an interconnected nature of these different levels of our being. By learning to identify



And our co-sponsors for this event:



The Board and Staff of the Center for Positive Aging

are pleased to announce our 2009 Annual Fund Campaign honoree:
Hugh Lynch

Hugh Lynch has been the driving force behind our Meals on Wheels program for 16 years. A member of Sacred Heart, his tireless dedication is an inspiration.

Please watch for more information on how you can honor Hugh Lynch with your donation

“I have enjoyed greatly the second blooming that comes when you finish the life of the emotions and of personal relations; and suddenly find - at the age of fifty, say - that a whole new life has opened before you, filled with things you can think about, study, or read about...It is as if a fresh sap of ideas and thoughts was rising in you.” —

Agatha Christie



Spotlight — Community Partner



THE COMPANY YOU KEEP®

Maurice Daniel, Agent

An insurance policy is only as good as the company behind it, and New York Life has been an American tradition since 1845. But Long-Term Care Insurance is still a relatively new type of insurance product. Many people do not understand what long-term care insurance policies cover, how and when the policies pay benefits, and who should obtain coverage. A reputable agent, such as Maurice Daniel, can explain these terms to you and help you decide if LTC is right for you.

Maurice Daniel has three years experience with New York Life and continues his professional development through his enrollment in NYLIC, an extensive training program that insures he has the latest information available to help you plan your insurance needs. His education in the field is one reason why he not only recommends Long-Term Care Insurance, he carries a policy himself.

A few years ago, the Governor of Georgia sent a letter to all Georgia residents recommending long term insurance. Although we can't know, at a young age, if we will need long-term care, there are statistics that can help decide:

Life expectancy after age 65 has now increased 17.9 years, up from 1940 when life expectancy over 65 was only 13 extra years. The longer people live, the greater the chances they will need assistance due to chronic conditions.

About 12.8 million Americans of all ages require long term care, but only 2.4 million live in nursing homes

About 44% of people reaching the age of 65 are expected to enter a nursing home at least once in their lifetime. Of those who do enter a nursing home, 53% will stay for one year or more.

The average cost of nursing home care is over \$50,000.00 a year. Without financial security or Long-Term Care Insurance, nursing home care could impact the quality of life for a spouse or limit a legacy to one's children.

Long-term care insurance policies vary in scope and benefits. The New York Life website has a comprehensive list of topics on long term care, many by outside sources, such as the National Association of Insurance Commissioners. For access to this information, visit www.newyorklife.com.

Planning for the future can give your family security. Maurice Daniel can simplify the terms of long term care insurance. He is *The Company You Keep* when you want a straight answer about your insurance needs. Call Maurice at 404-459-2093 or 770-870-9936.

PALS UPDATE

Please join us Wednesday, June 3rd from 9 a.m. to 3 p.m. for the next Positive Aging LifeStyles (PALS) training here at the North Avenue Presbyterian Church, 607 Peachtree street, Atlanta, GA 30308. For more information, including a registration form, visit www.centerforpositiveaging.org or call 404-872-9191 ext 12. The cost of the training is \$150.00.

The Center for Positive Aging...Opportunities for Seniors

Volunteer Opportunities for Retired Nurses and Medical Personnel The Metro Atlanta RSVP program, sponsored by ARC, is currently accepting applications for volunteers to help educate older adults about issues related to health, wellness and chronic disease management. Join a force of talented volunteers, age 55 and over, whose members are utilizing their unique life experiences and skills to share messages with older adults on topics that are important for remaining healthy and independent in their communities. RSVP volunteers play a critical role in providing education and outreach in the community so older adults can make informed choices about available services and programs. Training is provided for all volunteers and flexible schedules are available. Volunteers are eligible to receive mileage reimbursement and supplemental insurance. For more information, call 404 463-3119 or enaumann@atlantaregional.com.

Having a Working Retirement

If you watched CBS46 last week, you may have seen our events coordinator Barry Lastinger interviewed about working past retirement. If you are retired, and seeking work, try www.retiredbrains.com. The job opportunities cater to midlife and beyond retirees and can give you a chance for a second career you always wanted to try.

Foot Care Awareness Program: Metro Atlanta RSVP is recruiting volunteers 55+ to be trained as **Foot Care Awareness Educators**. A training session will be held **June 8, 2009 from 10am – noon at Senior Connections**. Volunteers will learn how to make presentations to groups of older adults about general foot care awareness and the importance of proper foot care. For more information and to register for the class, call Megan Moulding at 404 488.7073

JOYFUL LIVING IN DIFFICULT TIMES

Our talents are the raw materials that we use to create our purpose. But what if you don't think you have talent?

In the Positive Aging LifeStyles presentation for the Spring Fling celebrate of "Joyful Living in Difficult Time" we used a few exercises that involved creating art to understand how we felt about old age, our age, and youth. At first, everyone declared that they could not draw. But this was not drawing — this was letting ourselves express how we really feel. The results are sometimes surprising.

There are many ways to unleash our talents, and to use those talents to reclaim our self confidence in fulfilling our purpose. You are only limited by your belief that you can't write, or can't draw. Use these examples to help appreciate your talents:

- Write a sentence that describes your purpose. Where you have been willing to take a stand in your life. This may give you an idea. Ask yourself: If I could teach something, what would it be?

- If you had all the money in the world, what would you want to do with yourself? Could you find a way to do it anyway?
- What would you like to learn about? Journal for ten minutes with your answer.
- Do you remember your dreams? Dreams can help us to reconnect with parts of ourselves that we have abandoned. Keep a dream journal for a week.
- Use our drawing exercise. Think of something the night before that will be the theme of your drawing — maybe "fear of the unknown" or "my future". Get up in the morning, set a timer, and give yourself ten minutes to express your feelings about it. Use crayons — connect with your inner child. It may abstract, or just a line, a shape, or a mass of color, but the color can say so much.



According to the Indian health system called Ayurveda, a person's life is supposed to span a hundred years, divided into four twenty-five year parts. The first 25 years are to learn about life and yourself, the second to raise a family, the third about offering your talents to the larger community. The last 25 years are for reflection, and developing a greater sense of connection to God. Where are you in the cycle? What were the major events you remember in each of your stages? What have you learned from each stage about your purpose?



Golfers line up to start the 2008 Abe Masser Memorial Golf Tournament at the Charlie Yates course at East Lake

SAVE THE DATE in 2009

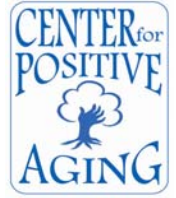
Monday, October 12



First Meeting of the new CPA Board at the North Avenue Presbyterian Church

The Center for Positive Aging

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Suzanne Economopoulos, Director of Programs & Services

Profiles in Positive Aging

Center for Positive Aging

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