

# AGE WELL WEBINAR

Equip yourself for the journey of aging.



Presented by:



# AGE WELL

## TREASURE TRIVIA



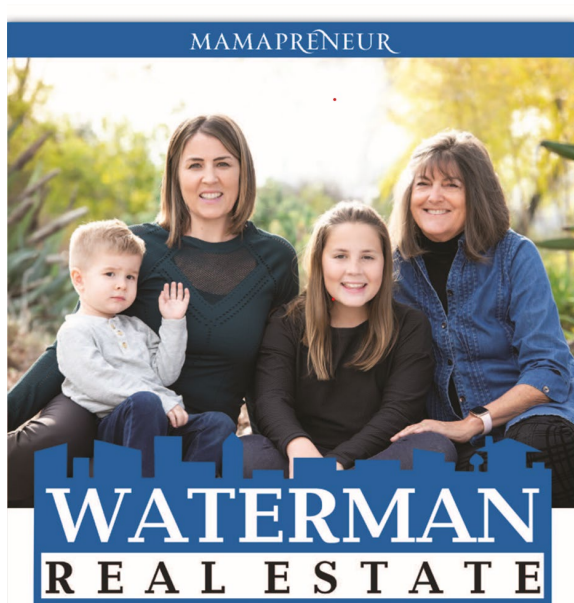
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# TREASURE TRIVIA



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Win River Resort & Casino is one of our longest trained Gatekeepers since 2012.

They were awarded the 2019 Gatekeeper Community Partner Award for elder abuse prevention efforts.

We appreciate the support and partnership with Redding Rancheria and Win-River Resort & Casino!

# AGE WELL

Equip yourself for the journey of aging.

[www.shiningcare.org](http://www.shiningcare.org)

ShiningCare

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Aging well...  
We can help.

**LET US ASSIST YOU OR A LOVED ONE**

- Communicate with doctors
- Promote independence
- Suggest care options
- Assess memory & well being
- Prepare necessary documents
- Create a plan

Scroll down for more info

Your Caregiving Compass for Shasta, Siskiyou, Tehama and Trinity Counties

Presented by:



AGE WELL

**WELCOME**  
KEYNOTE SPEAKER  
**DR PATRICK ARBORE**



Ed.D and Founder of the 24-hour Friendship Line  
Center for Elderly Suicide Prevention and Grief Related Services,  
Programs of San Francisco Institute on Aging

Presented by:





# SUCCESSFUL AGING

Patrick Arbore, Ed.D.

Founder and Director, Center for Elderly Suicide Prevention &  
Grief Related Services

Institute on Aging, San Francisco



# Friendship Line California – 888.670.1360

24-Hour Accredited Crisis Intervention **Telephone Hotline/Warm-line** – Founded in 1973:



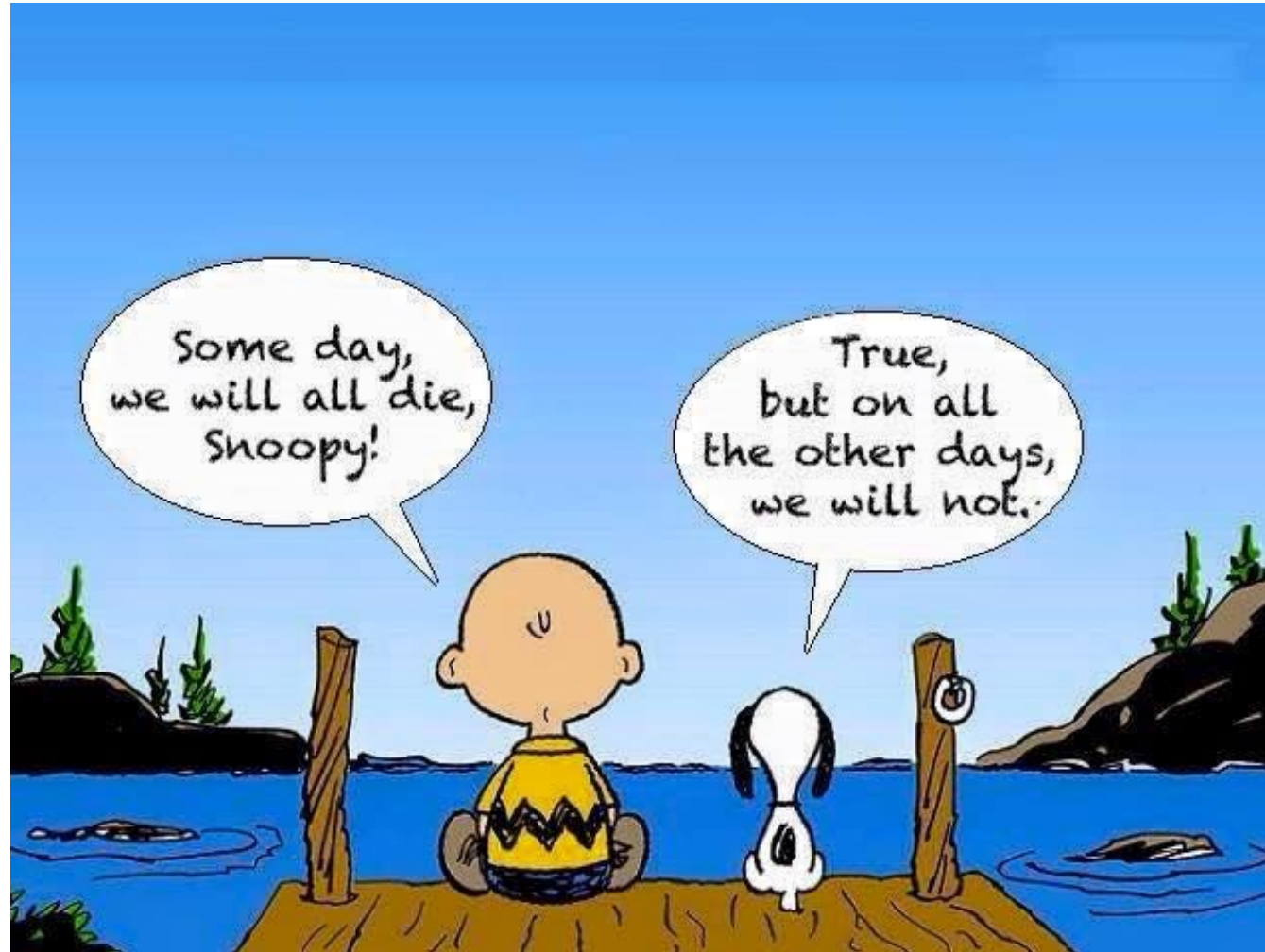
- Call-In Service – Confidential telephone discussions for people 60+ (their caregivers or younger disabled) who may be lonely, isolated, bereaved, depressed, anxious and/or thinking about death or suicide
- **A caller does not need to be in a suicidal crisis to use the call-in service**
- Patrick Arbore – [parbore@ioaging.org](mailto:parbore@ioaging.org) or 415.750.4133

# Friendship Line



- Call-Out Service – Friendship Line Staff or Trained Volunteers will make phone calls to older adults for emotional support – Referrals can be arranged by calling IOA Connect **415.750.4111**
- Grief Services – **Zoom Saturday** Morning Drop-In Traumatic Loss Group – 10:30 a.m. until Noon; 8-week **Zoom** Traumatic Loss Grief Group – Contact: Patrick Arbore – [parbore@ioaging](mailto:parbore@ioaging); Office: 415.750.4133; Cell: 415.225.0115

# Linus and Snoopy



## Retirement – According to James et al (2016)

- Current retirees are living longer than did members of previous cohorts
- This “third age” is a time during which older adults have new opportunities for self-realization and fulfillment
- This new reality has left many older adults wondering how they will live, what they will do and who they will be for the next 20 to 30 years

According to Data Compiled by the Social Security Administration:

- Very advanced age will be the experience for many of us
- **Average U.S. life expectancy:**
- A man reaching age 65 today can expect to live, on average, until age 84.3.
- A woman turning age 65 today can expect to live, on average, until age 86.6.
- And those are just averages. About one out of every four 65-year-olds today will live past age 90, and one out of 10 will live past age 95.

# Aging

- Sometimes successful aging has been called “vital aging” or “active aging” or “productive aging” with the implication that later life can be a time of sustained health and vitality where older people contribute to society rather than merely a time of ill health and dependency
- Be aware of ageist assumptions and/or internalized ageism

# Modern Gerontology

According to Schachter-Shalomi (1995):

- M.G. treats aging as a problem of social engineering to be solved through technological means
- The one-sided drive to alter, reverse, or somehow control the biological process of aging actually impoverishes its meaning.
- So-called positive aspects of aging turn out to be disguised efforts to restore youth instead of appreciating growing old as a fundamental part of the human experience

# A Different View

Many of the greatest psychologists and religious leaders would say that the later years are the most important years for spiritual growth, self-actualizing, modeling personal integrity for the younger generations



# According to Thomas Moore (The Ageless Soul)

- We need to age
- We need to move naturally away from youthfulness to a more complex and enriched personality made up of both age and youth
- Aging allows us to be in this world solidly, as mature people, able to relate and motivated to make our contributions

# According to Thomas Moore (The Ageless Soul)

- Aging requires courage
- It is an active decision
- You live your life onward
- You say yes to life's invitations
- You don't look back
- You don't make excuses
- You don't run for safety

# Jung and Erikson

- Jung held that spirituality should take precedence in later life
- Jung believed that having a spiritual goal makes for psychological health as one ages
- Erikson theorized that it is possible to achieve a sense of completeness and self-acceptance that offsets our inevitable physical decline – accepting our one and only life cycle – ego integrity versus despair – strength stems from the development of wisdom

# A Different View

According to Keleman:

“What we need is a fresh start, a new myth, a new vision of maturity and longevity. We are not victims of dying: death does not victimize us. But we are victims of shallow, distorted attitudes toward dying, which we conceive as tragic.”

# Wonderment

- Many older people achieve an attitude that has long been the goal of various religious traditions – a sense of the immediacy of life and a new ability to live in the present moment
- The elemental realities of life assume greater significance – children, plants, nature, music, physical and emotional touching, the textures of color and shape

# Wonderment Continued

- The price of this birth of wonder is an acceptance of life's limitations
- The discipline of acknowledging certain limits simplifies life – our vision is uncluttered
- Wonder is the prelude to gratitude
- Wonder arises from our natural curiosity about the adventure of life

# Wonderment Continued

- If we can live in the present moment, we have an opportunity to make choices
- This realization puts us into new territory – the territory of self-responsibility
- You can no longer blame your discomfort on others
- Each moment is a moment of choice

# Engaging With Others (Duay and Bryan 2006)

- The first significant finding of this study was that successful aging involves actively engaging with others
- Participants described the importance of maintaining close family relationships, socializing with friends and acquaintances, and helping others through volunteer work or community activism



# Study Continued

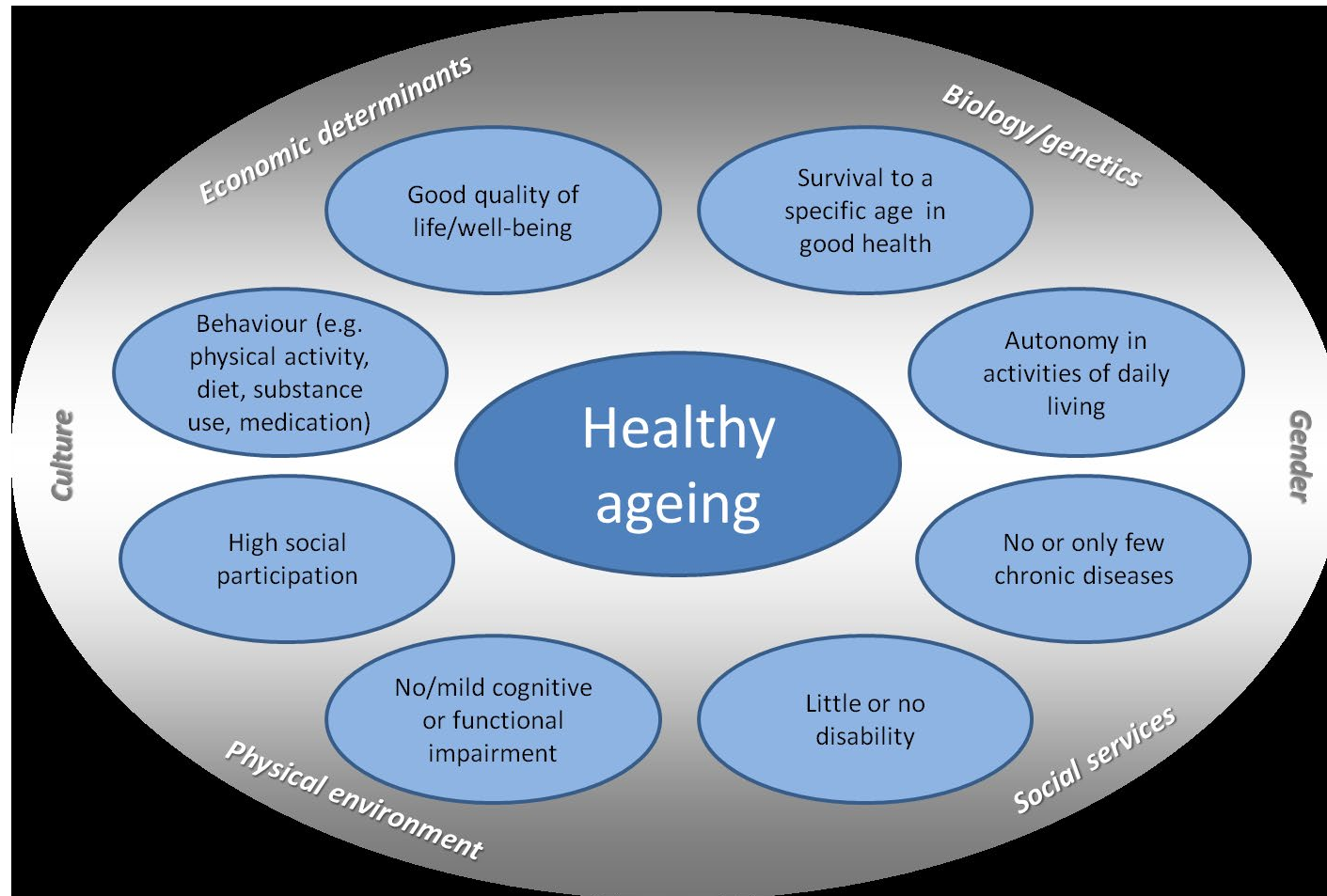
- Participants in this study emphasized the value of getting involved in social relationships and activities.
- One 83-year-old female said, “I like to go to the pool, be with my friends, and play canasta.”
- A sincere commitment to helping others is another key aspect of aging successfully

# Relationships

According to Lustbader (2011):

- As we get older we become more skillful in the art of compromise
- Saying what we mean more directly, we may set aside pride and express our needs more clearly than when we were younger
- Brain scans reveal that we tend to become less reactive to negative situations with age, confirming that we are better equipped for well-being in relationships than ever

# Components of Healthy Aging (Fuchs et al 2013)




# Becoming Aware

- Become aware of your fears – Whatever the feeling you must go to the root of the emotion, which is a part of your personality that you do not know about, or are too frightened or ashamed to acknowledge
- We need to become aware because older age is a time for the cultivation of wisdom and integrity – older age is a time for going deeper into the self

# Becoming Aware

- Recognize how your body feels when it experiences the sensation of anger, sadness, disappointment, joy, delight etc. – speak with someone who will listen about your “inner” experience
- If you do not challenge your negative feelings, you will die with them – so change an aspect of yourself now



There must be a goal  
at every stage of life!  
There must be a goal!  
*-Maggie Kuhn*

# References

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- Duay, D. and Bryan, V. (2006). Senior adults' perceptions of successful aging. *Educational Gerontology*, 32, 423-445.
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AGE WELL

WELCOME

SPEAKER

BRIAN BAAS



Brian Baas the CFO and co-developer/co-owner of Western Physical Therapy, Inc., a growing organization of outpatient physical therapy practices.

Presented by:



# *Mobility & Balance*

By

Brian Baas, PT

Western Physical Therapy Inc.

(Baas PT, Mountain View PT, Shasta Lake PT, Anderson PT)

# Mobility and Balance



- When we speak of the aging process of our loved ones, one of the first things to come to mind is mobility/balance. The terms may be defined separately but are not mutually exclusive in us as humans.
- Mobility has a lot to do with our independence, whether it be around the house or in the community.
- Webster defines Mobility as: the ability or tendency to move from one position or situation to another (usually a better one) and/or the ability to move quickly and easily.
- Balance is often thought of as a part of mobility.



# Reasons for a decline in mobility/balance

- Medical issues (UTI, stroke, TIA, dehydration, thyroid, abnormal blood work, etc.)
- Heart & Neurological conditions
- Weakness
- Vision
- Orthostatic hypotension
- Pain
- Poor shoe wear
- Home/community hazards



# Long Term Consequences of Balance Deficits

- Injury –from a scrape to fractures
- Decreased mobility – fear from the fall and/or physical weakness after recovering from fall. Dependent on the level of injury.
- Fear response/weakness can trigger future falls
- Family trauma



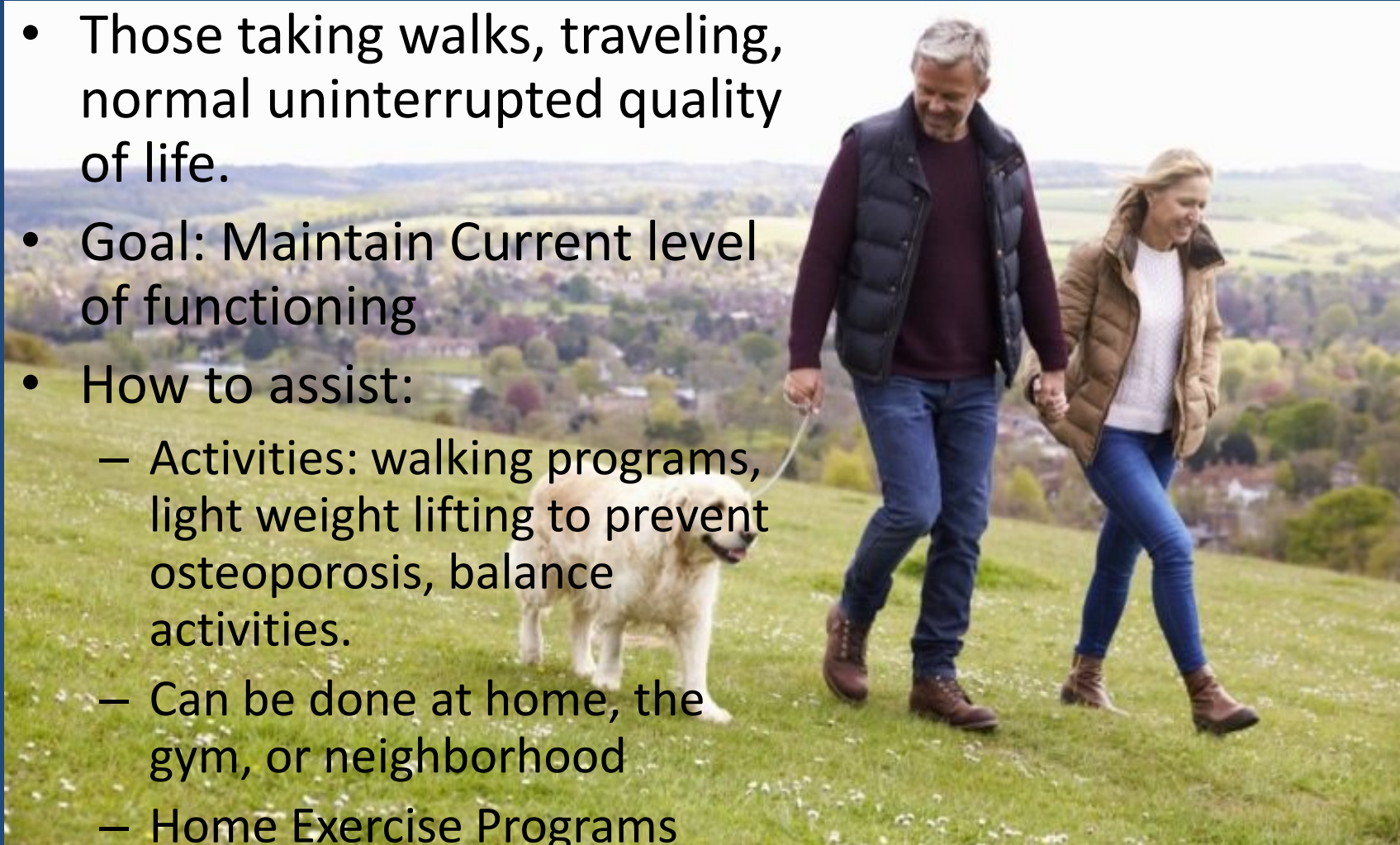
# 4 Stages of Mobility

and how we can assist our loved ones



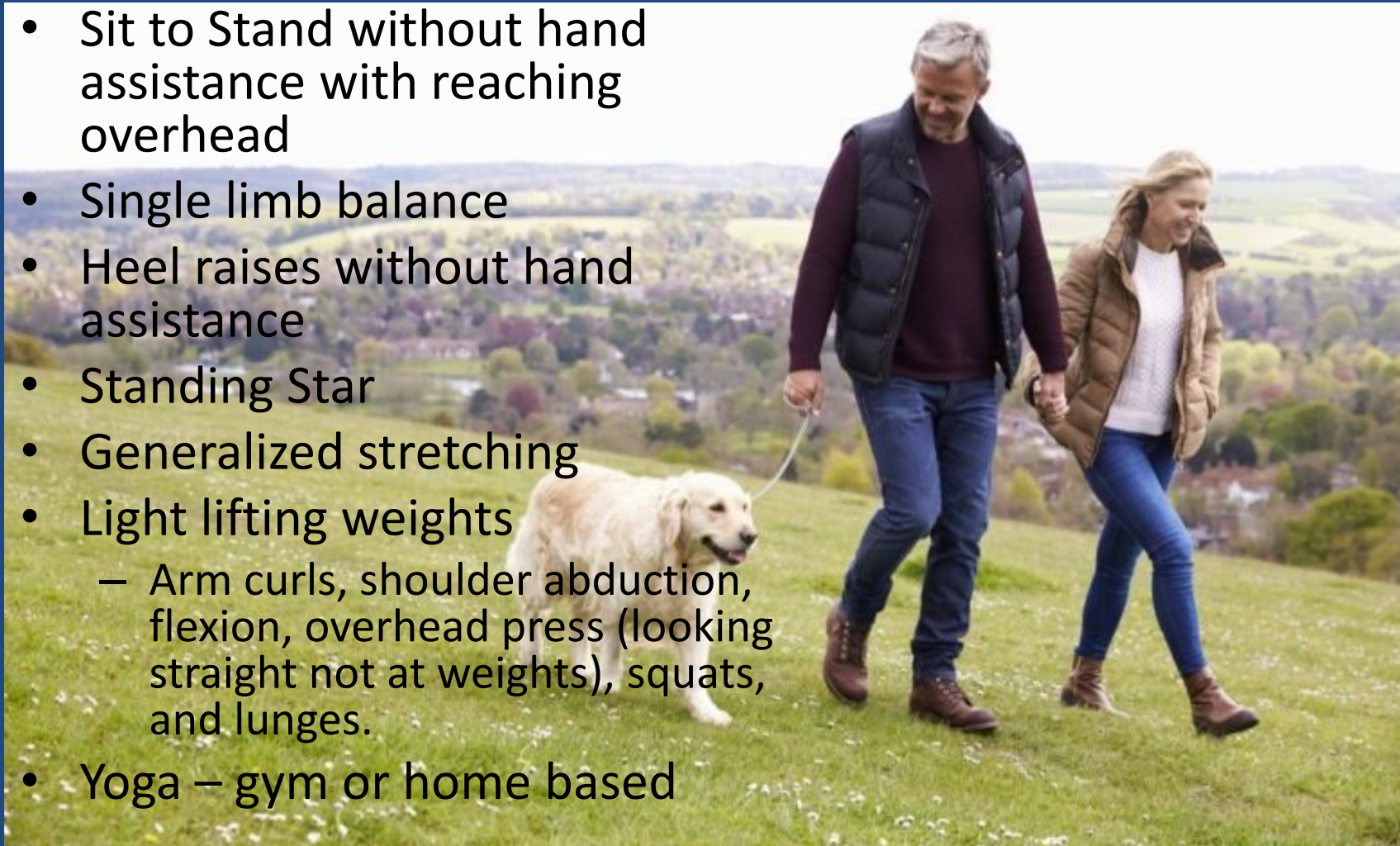
# *Actively Mobile*

- Those taking walks, traveling, normal uninterrupted quality of life.
- Goal: Maintain Current level of functioning
- How to assist:
  - Activities: walking programs, light weight lifting to prevent osteoporosis, balance activities.
  - Can be done at home, the gym, or neighborhood
  - Home Exercise Programs



# *Actively Mobile: Home Exercise Program*

- Sit to Stand without hand assistance with reaching overhead
- Single limb balance
- Heel raises without hand assistance
- Standing Star
- Generalized stretching
- Light lifting weights
  - Arm curls, shoulder abduction, flexion, overhead press (looking straight not at weights), squats, and lunges.
- Yoga – gym or home based





# *Slowly Losing Mobility*



- Ones who walk on a regular basis and normal day to day activities are done. Fear of falling is starting to set in. Limiting independent travel.
- Goal: Stop or markedly slow the loss of mobility.
- How to assist:
  - Activities: Need a mixture of endurance/balance activities with weight lifting. Maintain walking program, gym activities (weights, TM, sit down bike, elliptical if able), home program

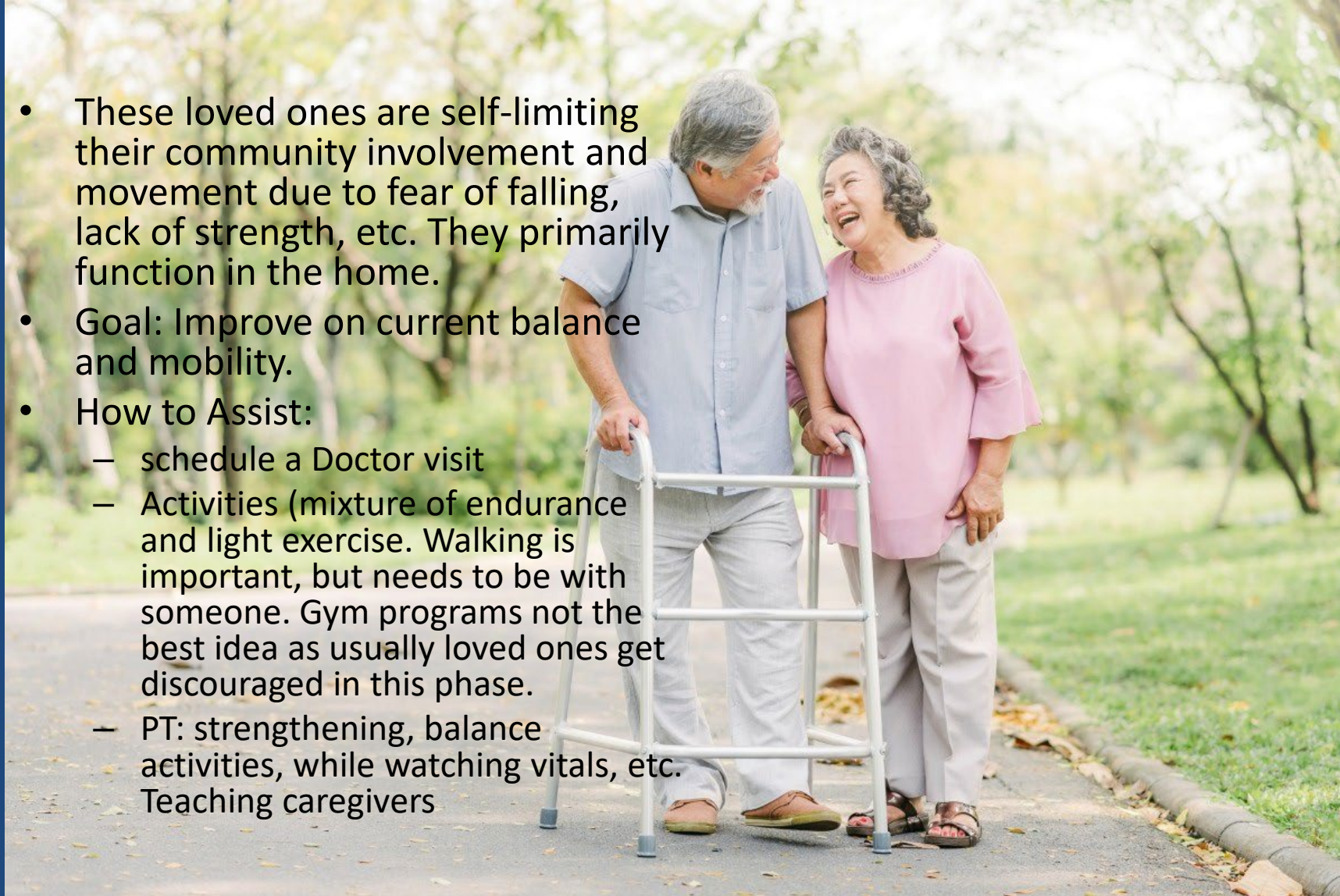
# *Slowly Losing Mobility: Home Exercise Program*



- Similar to “actively mobile” stages with modifications.
- Sit to Stand **with** hand assistance **without** reaching overhead.
- Single limb balance
- Heel raises **with** hand assistance
- Standing Star in Area
- Generalized stretching
- Light weight lifting: 2-3 pound dumbbells or less (arm curls, shoulder abduction, flexion, gentle lunge and mini-squat).

# Limited Community Mobility

- These loved ones are self-limiting their community involvement and movement due to fear of falling, lack of strength, etc. They primarily function in the home.
- Goal: Improve on current balance and mobility.
- How to Assist:
  - schedule a Doctor visit
  - Activities (mixture of endurance and light exercise. Walking is important, but needs to be with someone. Gym programs not the best idea as usually loved ones get discouraged in this phase.
  - PT: strengthening, balance activities, while watching vitals, etc. Teaching caregivers



# *Limited Community Mobility: Home Exercise Program*

- Lying down activities: bridging, leg lifts, stretching program (most often very difficult and needs assistance)
- Sitting activities. Completed in a chair without arm rests. Reaching, light weights.
- Standing: Sit to stands



# *Fully Impaired Mobility*



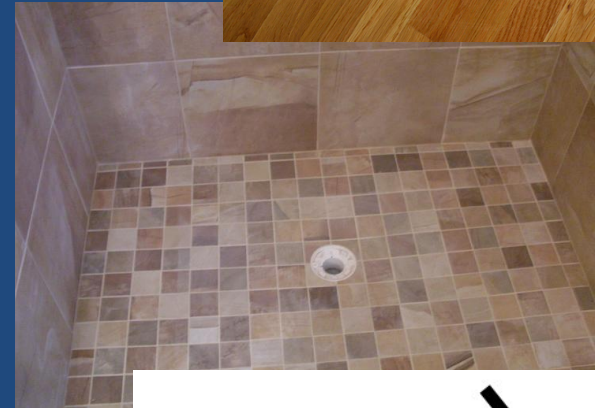
- Those whom are generally wheel chair bound or bed bound. Severe limitations.
- Goal: always to improve, even with bed mobility.

- Activities: usually home health is involved or institutionalized.
- Recommend professional training to assist.



# *Additional Factors to Consider*

- Evaluating home and living environment
- Loose rugs
- Loose railing (outdoor/indoor) or need railing
- Clutter
- Surface area: carpet, poor tile, etc.
- Surface area outside shower
- Shower chair
- Shower slickness
- Lamp cords, etc.
- Visit your Doctor
- Evaluate for conditions



# *In Closing:*

- Make exercise a daily habit
- Make a plan
- Seek professional help as needed



# *Contact Information*

- Phone: (530) 221-9952
- Email: [bbaas@western-therapy.com](mailto:bbaas@western-therapy.com)



AGE WELL

WELCOME  
SPEAKER  
MAGGIE McNAMARA



Passages Caregiver Resource Center

Presented by:



# Staying Healthy as a Caregiver

Presented by



Maggie McNamara

Family Consultant/Caregiver Advocate

# Staying Healthy as a Caregiver



40% to 60% of caregivers  
caring for someone with dementia  
will die  
before the person they care for

# Common Signs and Symptoms of Caregiver Stress

- ▶ Anxiety, depression, irritability
- ▶ Feeling tired and run down
- ▶ Difficulty sleeping
- ▶ Overreacting to minor nuisances
- ▶ New or worsening health problems
- ▶ Trouble concentrating
- ▶ Feeling increasingly resentful
- ▶ Drinking, smoking, or eating more
- ▶ Neglecting responsibilities
- ▶ Cutting back on leisure activities

# Common Signs and Symptoms of Caregiver Burnout

- ▶ You have much less energy than you once had
- ▶ It seems like you catch every cold or flu that's going around
- ▶ You're constantly exhausted, even after sleeping or taking a break
- ▶ You neglect your own needs, either because you're too busy or you don't care anymore
- ▶ Your life revolves around caregiving, but it gives you little satisfaction
- ▶ You have trouble relaxing, even when help is available
- ▶ You're increasingly impatient and irritable with the person you're caring for
- ▶ You feel helpless and hopeless

# Tips for Getting Help

- ▶ Speak up
- ▶ Spread the responsibility
- ▶ Set up a regular check-in
- ▶ Say “yes” when someone offers assistance
- ▶ Be willing to relinquish some control

# Other Tips

- ▶ Know Your Limits
- ▶ Maintain Personal Interests
- ▶ Keep Track of Medications
- ▶ Financial

Thanks for all you do!!

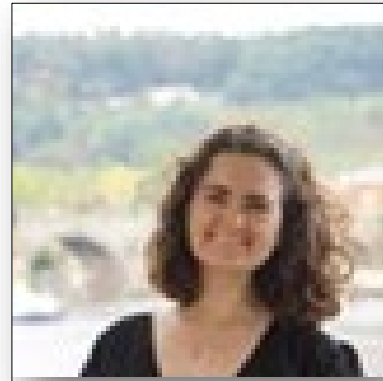


AGE WELL

WELCOME

SPEAKER

ALLISON HANSEN



Community Education Specialist  
Shasta County Health and Human Services - Public Health

Presented by:





**The best way to prevent illness is to avoid being exposed to the virus.**

The flu and COVID-19 are thought to spread mainly from person-to-person contact. Try your best to limit your contact.



# Wash your hands

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.



# Clean and Disinfect

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles and phones.



# Wear a mask

Ensure the nose, mouth, and chin are fully covered. There should be no gaps at the edges of the face mask.

Cover your coughs and sneezes. If you are in public, cough or sneeze into your mask.



# Limit Contacts

Stay 6 feet away from others that are not household contacts. Stay away from members of your family who are sick. Avoid group gatherings.



# Take care of yourself

## Mental Health

- Remaining physically distant from others does not mean that you need to be socially distant. Keep in contact with friends and loved ones.
- Friendship line: 1 (888) 670-1360

## Diet

- Eat a diet that is healthy and includes fruits, vegetables, and whole grains. You will feel better when you eat a balanced diet.

## Exercise

- Try to exercise for 30 minutes a day to stay active. 
- Break this time up if needed.

## Do things that make you happy.

- Continue your hobbies.
- Avoid unhealthy habits.



# Get a flu shot

- Flu vaccines have been shown to reduce the risk of flu illness, hospitalization and death.
- Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19. We do not currently have a COVID-19 vaccine.
- Talk to your doctor if have concerns or questions about the flu shot.
- Flu shots are free this year!



# Take control of your health

[shastaflushots.com](http://shastaflushots.com)



AGE WELL

WELCOME

SPEAKER

BECKY ROBINSON



Presented by:



Becky Robinson holds a Bachelor's Degree of Arts Degree in Recreational Therapy and Gerontology from Chico State. She is the Regional Director of the Alzheimer's Association.



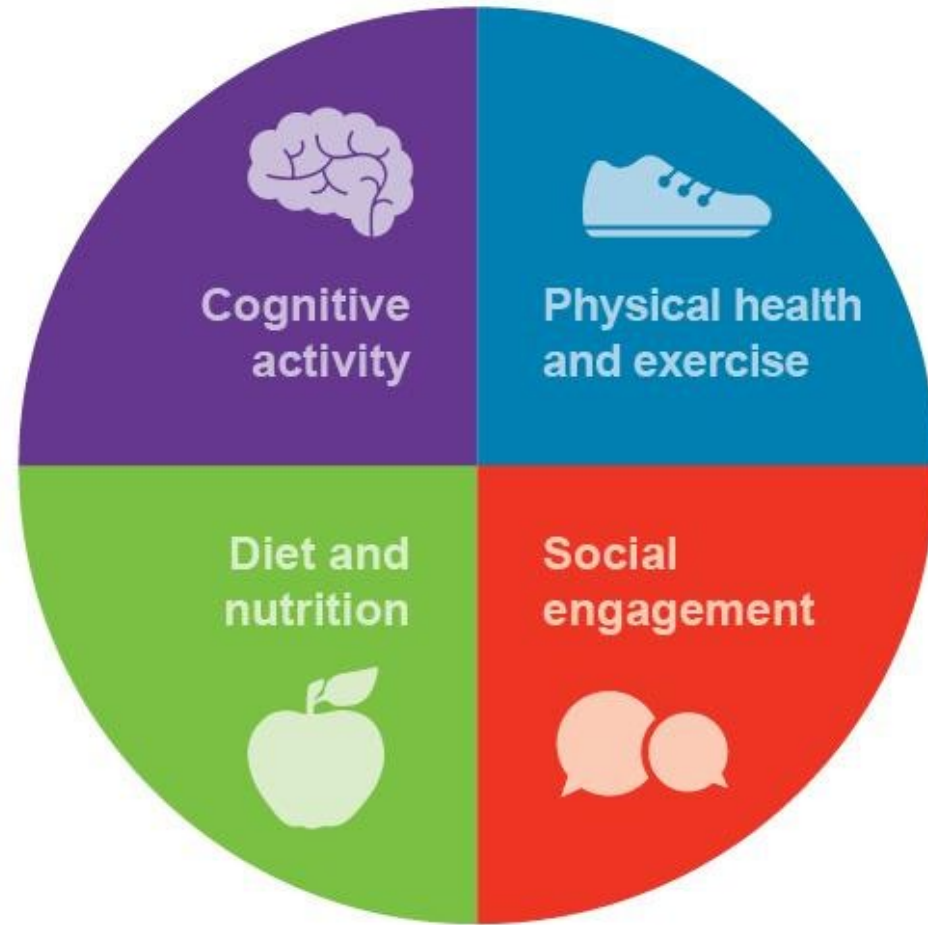
# healthy living for your brain and body

tips from the latest research

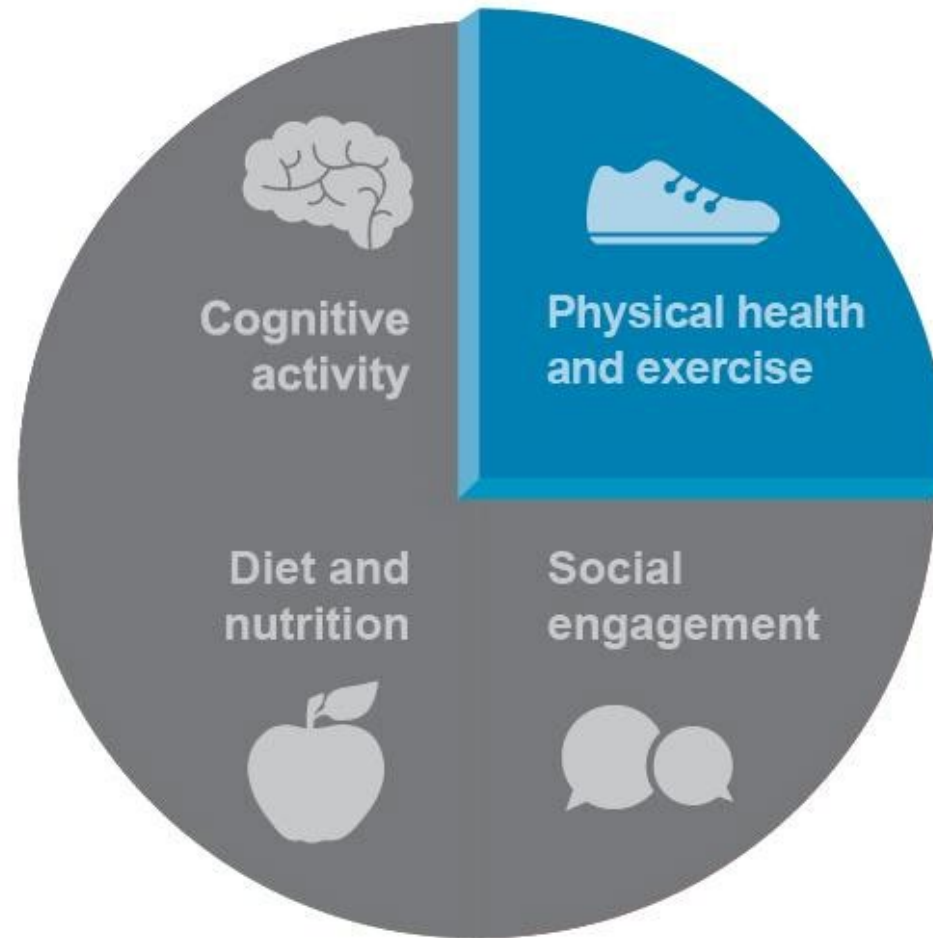




# Taking care of yourself as you age



# Physical health and exercise



# Physical health and exercise

## What we know

- Cardiovascular activity may reduce your risk of cognitive decline
- Regular and vigorous exercise leads to increased blood flow – other physical activities may also yield benefits
- There is no single recipe

# Physical health and exercise

## What we can do

- Do something you like
- Start out small
- Move safely
- Get your heart rate up
- Ask friends to join you
- Check with your doctor before you start



# Physical health and exercise



## What we can do

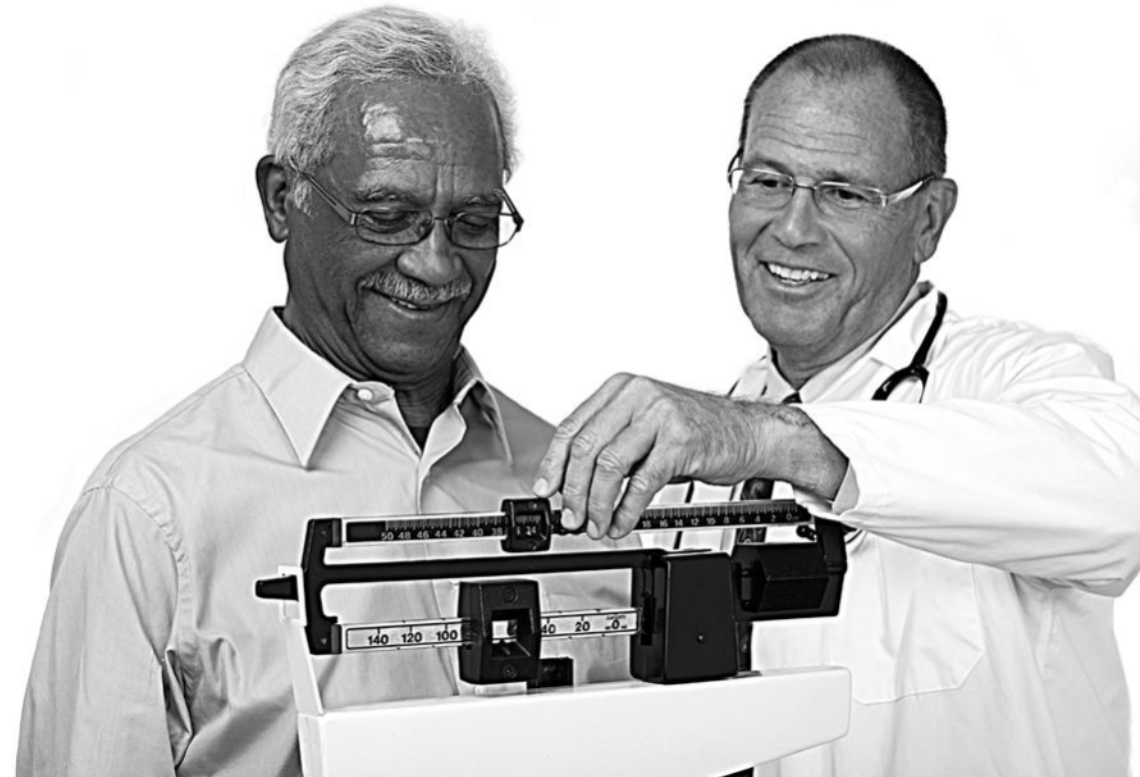
- Stop smoking
- Avoid excess alcohol
- Get adequate sleep
- Avoid head injury
- Manage stress
- Treat depression
- Visit your doctor regularly

# Physical health and exercise

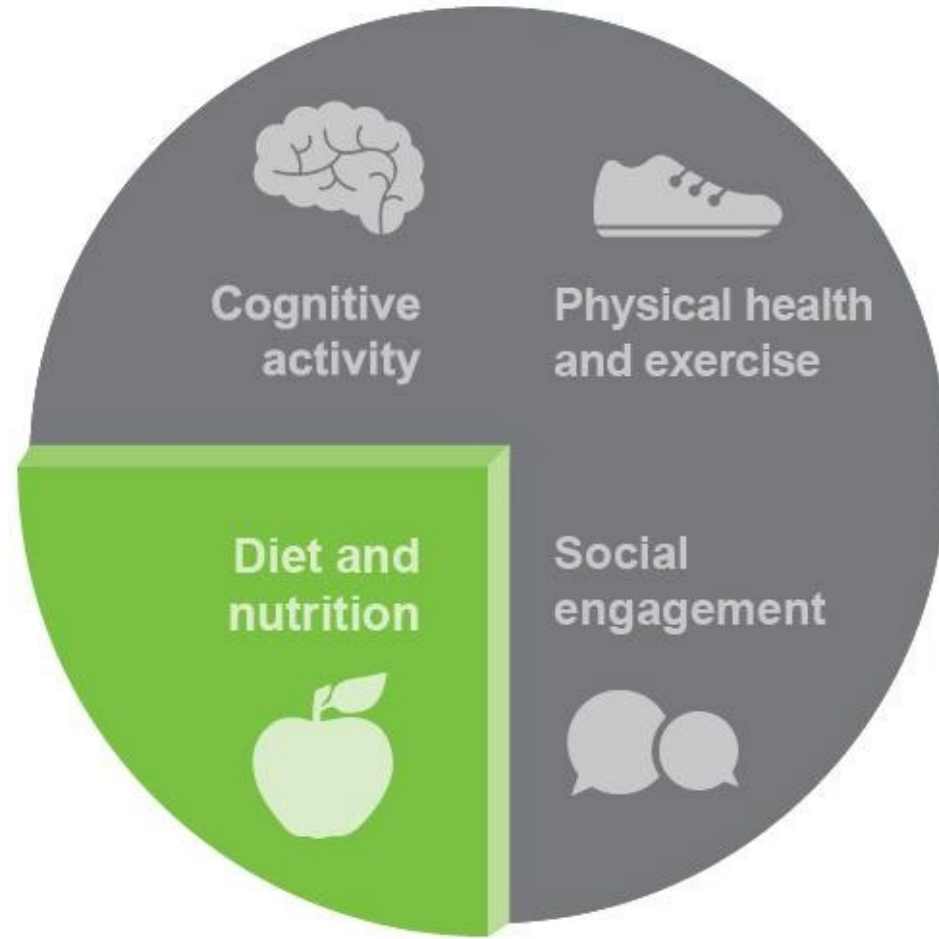
## What we can do

Monitor numbers and take action

- Blood pressure
- Blood sugar
- Weight
- Cholesterol




# Diet and nutrition



# Diet and nutrition

## What we know

- What's good for the heart may also be good for the brain
- Nutritious food is fuel for the brain 
- Following some dietary guidelines can reduce your risk of heart disease, cancer, Parkinson's disease, Alzheimer's disease, stroke and diabetes



# Diet and nutrition

## What we can do

### EAT

- Vegetables
- Fruits
- Nuts, beans and whole grains
- Lean meats, fish and poultry
- Vegetable oils

### AVOID

- Saturated/trans fats
- Processed foods
- Solid fat, sugar and salt
- Deep-fried foods
- Unhealthy fast foods

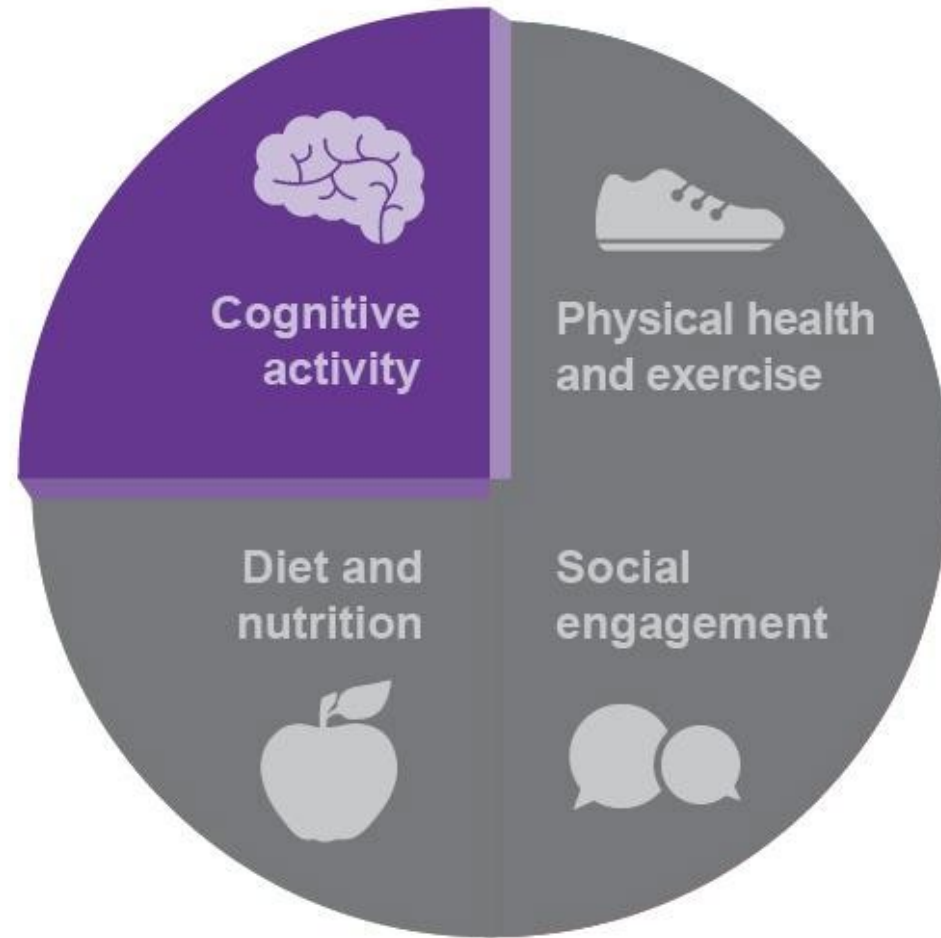
# Diet and nutrition

## What we can do

- Consult reputable sources about:
  - Dietary supplements
  - Vitamins
- Work with your doctor



# Cognitive activity



# Cognitive activity

## What we know

- Keeping your mind active forms new connections among brain cells
- Cognitive activity encourages blood flow to the brain
- Mentally stimulating activities may possibly maintain or even improve cognition
- Engaging in formal education will keep your brain healthy and can provide protection against developing dementia

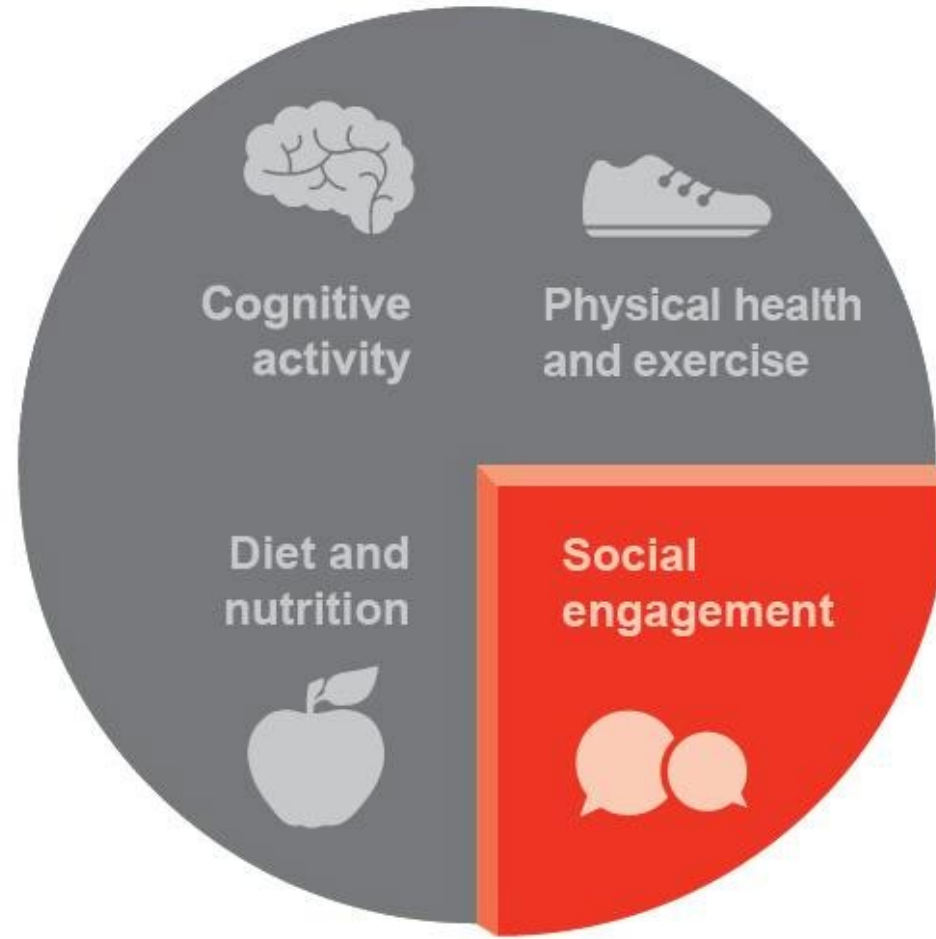
# Cognitive activity

## What we can do

- Read books and articles that challenge and inspire you
- Complete puzzles and play games that are challenging for you
- Learn new skills or hobbies
- Engage in ongoing learning



# Social engagement



# healthy living for your brain and body

## Social engagement

### What we know

- Social engagement is associated with living longer with fewer disabilities
- Staying engaged in the community offers you an opportunity to maintain your skills
- Remaining both socially and mentally active may support brain health and possibly delay the onset of dementia

# Social engagement

## What we can do

- Visit with friends and family
- Engage with others
- Stay involved in the community
- Volunteer outside the home
- Join a group or club

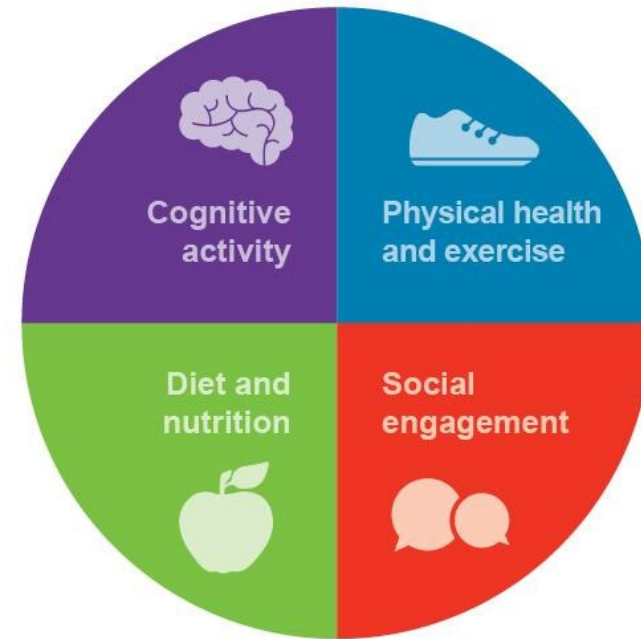




# Putting all four pieces together

Take care of your health

- Get moving
- Eat right
- Keep your mind active
- Stay connected with others



Combine all four to achieve maximum benefits

# What you can do NOW

- Begin today
- Start small and build
- Do what you enjoy and stick with it
- Make healthy choices
- Make a plan
- Get support from others
- Have fun



## Questions?

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### Alzheimer's Association

We're here. All day, every day.

**24/7 Helpline: 800.272.3900**

**alz.org<sup>®</sup>**

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# AGE WELL

Equip yourself for the journey of aging.

## Q & A PANEL OF EXPERTS



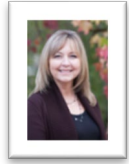
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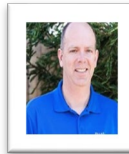
## CONTACT INFORMATION FOR KEYNOTE SPEAKER AND PANELIST



Dr Patrick Arbore: Email: [parbore@ioaging.org](mailto:parbore@ioaging.org)



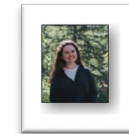
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# AGE WELL

## WINNER ANNOUNCEMENT



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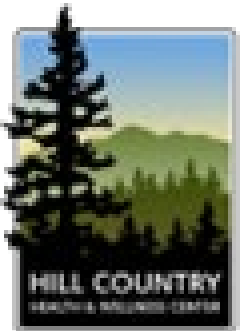




# THANKS AGAIN PARTNERS!



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# AGE WELL

## YOU ARE NOW EQUIPPED!



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