

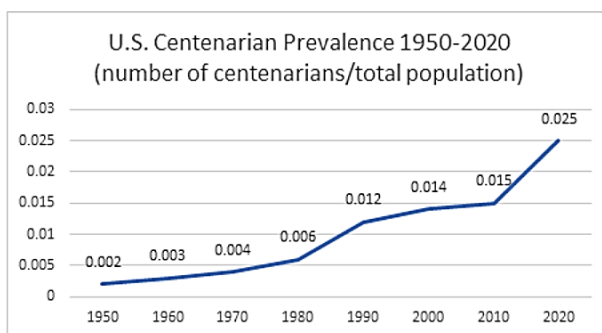
# Adult Day Self-Care Newsletter

May 2023

## Live Long and Prosper!

In the original TV series [Star Trek](#), Leonard Nimoy, who played Mr. Spock came up with this Vulcan greeting and its associated salute. [Nimoy](#) lived to be 83, continuing his role as Mr. Spock for 50 years, among his other performance credits. He also wrote two autobiographies. It's not hard to find examples of older Americans with great accomplishments continuing into late life—famous people like Betty White, and others who are less well known. [Johnny Kelly](#) ran his last Boston Marathon at age 84, having run a total of 112 marathons over his lifetime. He lived to be 97. [Ernestine Shepherd](#) started weight training at age 56. In her 70s, she was winning body building competitions and has continued to work out and inspire others into her 80s. [Dr. Becca Levy](#), an epidemiologist at Yale, makes the case that how we age is affected by what we believe about aging. She also addresses negative stereotypes directly in her work, citing [research](#) that shows older adults tend to retain or improve cognitive abilities in several key areas, like orienting their attention and ignoring distractions. Older adults also are, overall, more agreeable, more conscientious, and better at regulating their emotions, and tend to report fewer mental health issues, greater happiness, and overall satisfaction than younger people.

As more of us live longer, let's keep an open and balanced view of aging. Adult Day Centers serve older adults who have some trouble managing on their own, so staff may over-generalize, assuming aging automatically involves cognitive and physical decline. This is a common view, so we need to seek out and recognize contributions and achievements of older Americans who are living well. If you are (or plan to be) an older American, we salute you!



Perlis T. US Centenarian Prevalence 1950-2020.

Derived from United Nations, Dept Economic and Social Affairs, Population Division (2022).

## Living to 100 and Beyond

Did you know that the number of Americans over age 100 is increasing? Here are some facts about this group. Most (85%) are women. As many as 15% have no signs of any disease. Given that exceptionally long life runs in families, there is likely a strong genetic component. While research has found complex genetic profiles related to long life, centenarians do not necessarily have fewer genetic disease markers for disease risk than the general population.

## Reframing Aging

The Gerontological Society of America has launched a national initiative to combat agism. The website for [Reframing Aging](#) offers tips, a newsletter, videos, and a toolkit for how to communicate in ways that show sensitivity and respect, while reducing bias against older people. The tips on the downloadable [Quick Start Guide](#) provide suggestions for alternate terms to express positive messages. The one-page sheet is suitable for print, posting, and using in staff training.

**Ageism is a problem:** The American Psychological Association reports that 93% of older adults regularly experience [ageism](#). At the same time, the older adults who are surveyed seem to hold many of the same stereotypes. More results from the University of Michigan [Healthy Aging Survey](#) include information on loneliness, nutrition, spiritual beliefs, planning ahead, mobile app use, and many other topics.

**Gaining Momentum:** This toolkit provides a guide to social media communications and other situations where language could be “reframed” to a more age-positive message about aging that can influence the beliefs and views of the audience.

**Workforce Issues:** Negative attitudes about aging can carry over to a reluctance to working in aging services. [LeadingAge](#), a partner in Reframing Aging initiative, has compiled tips and tools for communicating effectively during recruitment activities.

**Disrupt Aging:** AARP provides stories about “[disrupters](#)” who are “reinventing what it means to age.” In addition, AARP is working with Getty Images to create a collection of age-positive photos and videos, although these are not free. Check out their one-minute video on [The New Normal](#) (living to 100).

## For More Information

Here are some additional references:

- Get logos, activity ideas, and other resources for [Older Americans Month](#)
- Info on people living to 100 comes from the [New England Centenarian Study](#)
- You can calculate your own life expectancy at [LivingTo100.com](#) (registration is required).
- The [American Society on Aging](#) offers tips for age-inclusive and age-positive images and written materials.

## Care2Caregivers Website

You can find the [Adult Day Resources pages](#) on our website through the drop-down menu in the Professional Resources section.

As always, you can access the Self-Care resources on our website for free. Use our NEW link:

**Self-Care for Professional Caregivers**  
<https://care2caregivers.com/professional-resources/self-care/>

### Upcoming Caregiver Education 2023

#### End of Life Conversations

May 11, 2023 1:00pm  
Click [HERE](#) to register

#### Understanding Caregiver Grief & Loss

June 6, 2023 1:00pm  
Click [HERE](#) to register

#### Managing Your Day With Activities

July 20, 2023 1:00pm  
Click [HERE](#) to register

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visit our website [www.care2caregivers.com](http://www.care2caregivers.com) for information on caregiver support groups

**1-800-424-2494**