

Aging Vibrantly

Final question to guests!



“ —

What advice would you give to someone about how to age vibrantly?

1

Learn more about Aging and ageism.

“Learn more about age and aging” - check yourself for - the big tells - those working in aging services who speak about older people as “them” or “Us” - think about why they are othering the group to which they belong. Think about who that benefits, who fosters this sense of estrangements.

Ashton Applewhite: [Episode 2](#) | Question @ 28:20

2

Social Connections!

*It's really **important for you to have social connections** more than anything else. I would say **it's about your relationships.**”*

3, 5, &15 Rule

3 relationships that you can call and reach out to if you need help, you can talk to in some way or everyday. **5 people in your social network** that you could do things with or you know (walking club, or someone you could just pop by and say hi too). **15 people in your network.** And, above all, unless you actually have a network of people, whether in person or virtually, some of these conversations don't matter, because you won't have anyone to appoint.

Laura Tamblyn Watts: [Episode 4](#) | Question @ 53:52

3

Older people are a tremendous resource that often is untapped.

“Be strong and stand up for our rights and get back out into the community.”

“Older people are a tremendous resource that often is untapped.”

Volunteer - There are people that are giving endless hours as volunteers to their community, but they also benefit. It's good for yourself as well as for the recipient of your activities.

Support each other and make new friends. Life can be very interesting if you open yourself to it... There's lots of activities out there that are free. Get in touch with your local community center, or your neighbourhood seniors programs.

Dr. Gloria Gutman: [Episode 6](#) | Question @ 33:49



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4

Live everyday to the fullest; get out there and just be your best self; your version, not someone else's version.

“Live everyday to the fullest! Don't be shy and **“get out there and be YOUR best self”**, not someone's best self - **YOUR Best Self**”.

Jen Mcrae : [Episode 7](#)

Question at: 31:43

5

We can't empower them, they need tools to learn how to be with others.

“We can't empower anyone. But we can provide the tools to enable people to empower themselves. **“Get out there be with other people. It's the most amazing thing in the world just sitting around and having a wonderful chat... discussing something that we really love to learn and know about.** Be out there in your community. Don't let yourself be behind closed doors. It's a learning world, and I think we all benefit from it.

[Episode 8](#) : Olive Bryanton

Question @: 40:20

6

Get involved with young people. Make that step, make connections.

If you're into organizing, go big. And if you're not, then go small and just talk to somebody who's walking home from school one day and find out how they're doing.

[Episode 9](#) : Sharon MacKenzie

Question @: 48:35

7

Find joy in everyday living.

I recommend you **find joy in everyday living**, whatever it is, knitting, crochet, cooking, time with grandchildren - find joy everyday and when you do it tell yourself this brings joy to me. **Live your life** - join a club, keep in touch with people, your family and friends -whether it is by phone or a visit. Volunteer. **Spread the message on scams and frauds.** Diet; Exercise; Stay active.

Keep active, volunteer”. Find joy - Don't minimize things, just **find the good in everything.**

[Episode 10](#) : Bernadette Bednarik | Question @: 54:48

Karen Deredin | Question @: 55:37

8

Find positive in every experience. Empower other people to do the things you love...

“Have fun with the people in your surroundings, it could be someone 50 years younger or older...age doesn't matter. **Find friends, friendship and have great conversations** and appreciate that every single day!

[Episode 10](#) : Stephanie Senecall

Question @: 57:45



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Funded by the
Government of Canada's
New Horizons for Seniors Program

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