

## **Aging with Intention: Curious People Series, January 28, 2019**

***“Our last breath should be as important as our first breath.”***

**Julie Masters, PhD**

### **Books Referenced (listed in order of presentation)**

Leland, John (2018). *Happiness is a Choice You Make: Lessons from a year among the oldest old*. New York: Farrar, Straus and Giroux.

Chittister, Joan (2008). *The Gift of Years: Growing Older Gracefully*. New York: Bluebridge.

Gawande, Atul (2014). *Being Mortal*. New York: Metropolitan Books, Henry Holt and Company.

Hillman, James (1999). *The Force of Character: And the Lasting Life*. New York: Random House.

Rohr, Richard (2011). *Falling Upward: A spirituality for the two halves of life*. San Francisco, CA: Jossey-Bass.

### **Points for Consideration**

According to the Center for Public Affairs Research, Nebraska has more people over 75 than under 5 years of age (2019 data). And, according the US Census, in 2020, there will be 77 million people 60+ in the US.

In 2035, there will be more people 60 and older in China than the entire US population (Xim Li, Li Fan & Sean X. Laeng, 2018 – *Journal of the American Geriatrics Society*).

“What do you want your life to be like (when you turn 85, 95, etc). Then what pleasures, what rewards, what daily activities and connections?” John Leland

“Growth in old age requires the curiosity of a five-year old and the confidence of a teenager. There is nothing we can’t do if we want to do it.” Joan Chittister

“Aging is an extraordinary process where you become the person you always should have been.” David Bowie.

“I want to grow old without facelifts. They take the life out of a face, the character. I want to have the courage to be loyal to the face I’ve made.” Marilyn Monroe – in James Hillman.

“Old age is not a diagnosis.” Atul Gawande

“...old age is a concept largely defined by people who have never lived it.” John Leland

“Your life is not about you.” Robert Barron