NRRO Webinar Series
Tuesday, November 19, 2013 @ 1:00 PM EST

Presentation Handouts

Engaging Aging: BLESSING or BURDEN?

Presented by: Sr. Susan Schorsten, HM

This webinar will examine several aspects of aging including our own attitudes toward aging. Some of the topics to be covered: where am I in the aging process; value of reaching out; ongoing formation; living and working with negative personalities; working with non-compliant elders; and can we laugh at ourselves as we age?

This program is recommended for those in elected leadership and those who are in ministry to their retired members.

Presentation Handouts

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DISCLAIMER
This webinar is intended for educational purposes only. It is not a substitute for formal medical training in one of the health care professions, nor is it a substitute for professional medical advice. For more specific information you may have to consult a health care professional.
ENGAGING AGING: Blessing or Burden?

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“Old age is, as I like to say, the seat of wisdom... like good wine that improves with age, let us give life’s wisdom to the young.”

Pope Francis – Mar. 15, 2013

Engaging Aging

- How do we define engaging?
- How do we define aging?
Engaging Aging: BLESSING or BURDEN?

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To Engage:

• to pledge oneself; to bind by a promise; to attract and hold; to involve or occupy; to interlock; to enter into conflict with.

When you “think” of aging – what words describe your thoughts?

How do you “feel” about aging?

What words describe your feelings?
What are your “attitudes” about aging?

On a scale of 1 to 10

• Do you “fear” aging?
• Do you get “angry” when you realize you are aging?
• Do “deny” the aging process within you?
• Do you “look forward” to aging?

Self-Knowledge

• Need to know your own thoughts, feelings, and attitudes about aging...
• Need to understand where you are in the aging process...

Ongoing Formation

• Important to continue learning about the aging process for your own aging as well as for those you live with, minister to, care for...
• Important to learn ways to modify behavior, adapt to new skills, ways of doing everyday tasks differently
Tasks of The Senior Years

- Identity
- Generativity
- Legacy
- Integrity

Reaching Out

- Giving/sharing of self and one's gifts
- Look for simple, easy ways to share life's wisdom
- Search for opportunities to be mentors, mediators, mobilizers, motivators, monitors

Expectations and Relationships

- Care-giver
- Companion
- Friend
- Partner
- Enabler
- Supporter
- Encourager
- Motivator
Challenges and Opportunities
Elders who are:
• Easy to be with
• Difficult to be with
• Non-compliant

Listen
Listen, Listen, Listen
• Take the time to listen
• Listen compassionately
• Listen nonjudgmentally
• Listen with a third ear – the ear of your heart
• Listen to “her-story” / “his-story”

Loss and Grief
• Beware of individual losses
• Grieving is difficult and takes time
• Encourage grieving – do not ignore nor deny
How To Embrace Aging

• Self-knowledge
• Self-awareness
• Self-acceptance
• Humility/Vulnerability
• Maintain/Develop a Sense of Humor

All situations contain seeds of hope and joy, growth and opportunities for transformation

• allow yourself to look for and find these seeds of hope and bring them to light in your self
• encourage those with whom you live, minister and serve to look for and find seeds of hope and bring them to light

“A light shines in the darkness, a light that darkness cannot over come.”  John 1:5

Let us all be lights for one another!
Questions and Answers
Your participation is encouraged!

You can ask questions in 2 ways

The Web Platform
Type your question into the box on the lower left hand side of your screen then click on the “Send” button to submit your Question.

The Telephone
Press *1 on your telephone and the operator will place you into the phone queue.

OR

Meet the Speaker

MEET THE SPEAKER
Sr. Susan Schorsten, HM
Sr. Susan Schorsten, HM recently finished her term as the pastoral leader of the Sisters of the Humility of Mary in Villa Maria, PA. She holds masters degrees in Psychiatric Nursing and Health Care Administration. She was the President and CEO of a large health care institution. She has an extensive background working with members of religious institutes, especially in planning and elder care.
Engaging Aging: BLESSING or BURDEN?

Upcoming Events from Avila Institute of Gerontology, Inc.

If you find the webinars we co-sponsor with the National Religious Retirement Office (NRRO) to be helpful please take note of the upcoming programs for 2014. NRRO Co-sponsored webinars are shaded. Please visit our website at www.avilainstitute.org and join our email list for further program details.

ONSITE - Columbus, OH
November 20, 2013
Emergency Operations in Long-term Care

AIG Webinar
January 28, 2014 @ 1:00 PM EST
Spirituality

NRRO Co-Sponsored Webinar
February 11, 2014 @ 1:00 PM EST
Topic and Speaker to be Announced

AIG Webinar
April 29, 2014 @ 1:00 PM EST
Dementia and Behavior Management

NRRO Co-Sponsored Webinar
May 13, 2014 @ 1:00 PM EST
Topic and Speaker to be Announced

ONSITE - Germantown, NY
June 17-18, 2014
Spiritual Conference and Retreat
Topics on Geriatric and personal spiritual care by Rev. Myles N. Sheehan, SJ, MD and other speakers.

ONSITE - Chicago, IL
June 21, 2014
A Palliative Approach to Dementia Care
A look on how Palliative Care can help the resident with Dementia. Presented by Philip McCallion, PhD, ACSW, Mary Ersek, PhD, RN, FAAN, Alfred Norwood and Sr. Peter Lillian Di Maria, O.Carm.

AIG Webinar
July 29, 2014 @ 1:00 PM EST
Person-centered Care

NRRO Co-Sponsored Webinar
August 19, 2014 @ 1:00 PM EST
Topic and Speaker to be Announced

AIG Webinar
September 23, 2014 @ 1:00 PM EST
Palliative Care

ONSITE - Germantown, NY
October 13-15, 2014
October Conference
Topics in Person-centered Care, Palliative Care, Ethics, Mission and Legal and Regulatory changes

NRRO Co-Sponsored Webinar
November 18, 2014 @ 1:00 PM EST
Topic and Speaker to be Announced

*Dates and topics are subject to change.