

Conference on Aging

Resilience in the Stages of Aging

Outline of Presentation by Presenter: Joy Kahn Harter

A bit more about me - I speak personally and professionally - we all have a story

We are ALL Aging - (read quote from 2014 calendar)

The Aging Process - Is there such a thing as “normal aging?”

Facts vs. Incorrect Assumptions about Aging

Stages of Aging

- Self Sufficiency/Independence
- Interdependence
- Dependency
- Crises/Significant Frailty
- End of Life

Resilience - What does that really mean?

- You are What you ‘Think’ you Are
- Sustaining Purpose and Vitality - no matter the challenges
- What Really Matters
- Looking Fear in the Face -

What defines “Successful Aging?”

7 Secrets to Living to 100 in Good Health - Dr. Stephen Jones

What about Aging Gracefully?

“You are More in Charge of Your Biology Than You Think”

- Deepak Chopra Newsletter on *The Best Way to Inspire Your Brain*

The Wonder of Life and Remaining Open to Joy and Suffering

Quotes

Health is not always derived from medicine - Peace of Mind, laughter, and love

Gratitude

Presenting Partner:



Supporting Partners:



Contributing Partners:

