

SOURCE LINES

SUCCESSFUL AGING

Tips for successful aging.....Start with an attitude check!!

A "YES-YOU-CAN" attitude just might be the secret to a successful and happy late stage of life. A ten-year research program on 'Successful Aging' by Dr. John Rowe and Dr. Robert Kahn (1998) found that seniors whose 'self-efficacy' (belief in their ability to handle what ever life had to offer) fared better than seniors who had more financial resources but considered themselves more dependent on others.



Some of their important findings are summarized in the following 'positive attitudes' and are certainly a worthwhile consideration.

To be old does NOT mean to be sick:

Research indicates that older people are generally in good health, with fewer disabilities and in most

cases living on their own, rather than in nursing homes

You CAN teach an old dog new tricks!

Three key factors that predict strong mental function in old age are (1) regular physical activity (2) a strong social support system (friends, family, activities) (3) a belief in one's ability to handle what life has to offer.

It is NOT too late to change bad

habits: Many people feel that all the bad habits of our youth have caused irreversible damage. Not so! The study found that new habits of healthy eating, regular exercise, and maintaining social connections were remarkably effective in improving overall health in later as well as early years.

Heredity is NOT an absolute predictor of future health.

Research shows that genes only determine one third of aging outcomes. Two thirds depends on lifestyle, environment and attitude. So, no ex-

cuse for not making those necessary lifestyle changes now!

Being elderly does NOT mean you have nothing to offer. Many seniors work well beyond the retirement age. Others provide an important contribution in volunteer work in their communities. And of course seniors play a most important role as mentors to their children and grandchildren.



So isn't it time to adopt a 'YES YOU CAN' attitude? Embrace the future

armed with a sense of self-responsibility, independence and a 'pro-active approach' to life. Take off those *woes-coloured glasses* and try looking through 'rose' ones instead. At any age you will be amazed at how going from a 'what's wrong' to a 'what's right' view in life enhances not only your outlook but your overall health as well!

The term retirement comes from the French word 'retirer' meaning 'to withdraw, disengage or take back'. The root word 'tirer' means to 'draw out'. No wonder people think retirement means life in a rocking chair!

This Issue of SourceLines Written by Anne Secord-Houston

An elderly gentleman had a serious hearing problem for a number of years. Finally he went to his doctor who successfully fitted him with a set of hearing aids that allowed him to hear 100%.

A month passed and the elderly man returned to his doctor for follow-up. After examining him the doctor said, "Your hearing is perfect. Your family must be really pleased that you can hear again."

The elderly man replied to the doctor, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times since I last saw you!"

www.ahajokes.com

FOR A CONFIDENTIAL EAP REFERRAL PLEASE CONTACT SOURCE LINE, INC.
94 CUMBERLAND STREET, SUITE 604, TORONTO, ONTARIO, M5R 1A3
416-234-1316 / 1-800-394-8015

Email: reachus@sourceline.ca Web Site: www.sourceline.ca
Offices in Toronto, Mississauga, Woodbridge and Newmarket