



# Aging with Attitude

Groucho Marx once remarked, “Age is not a particularly interesting subject. Anyone can get old. All you have to do is live long enough.” But is growing older really just about marking time?

There are many ways to think about aging. For example, aging can be placed within a chronological framework, such as how many birthdays an individual has celebrated. Aging can be thought about in terms of functioning, which is concerned with what a person can accomplish or do rather than with the number of birthdays that an individual has experienced. Another perspective places importance on what people think of as appropriate tasks or activities at different ages and acknowledges that the culture influences how people think about aging. People also can think about age subjectively — that is, in terms of how old someone feels as opposed to how many birthdays a person has celebrated.

In the past, when life expectancy was so much less than it is today, people didn’t have much of a chance to die from Alzheimer’s disease or stroke. These diseases are prominent today because societal and medical advances have been successful at preserving life into those older age ranges. In earlier times, men, women, and children might die from a variety of acute illnesses. People didn’t live long enough, for the most part, to acquire long-term chronic diseases. Another contributing factor is that women started having fewer children, which affected the number of younger people present in society. All of these changes are relatively new within context of all of human history.

This rapid aging of the population has helped create attitudes and stereotypes about older adults and what it means to grow older. People who think positively about their own aging actually do more for their own health.



## Estate Planning On Your Own Terms Aging Expo’ in Great Bend, KS.

The educational event for seniors, their families and caregivers will take place Wednesday, **April 2 at Great Bend, Kansas at The Page, 2920 10th St.** Call **785-852-4285** for more information.

Do you have a plan for your wishes and assets after you pass? Or do you worry about the medical care you would receive if you became ill and were unable to speak for yourself? Sadly, less than 1 in 4 Americans have advanced directives. Don’t let yourself become a statistic. Let K-State Research and Extension help you!

“Estate Planning” is the theme for an upcoming event open to seniors, their families and their caregivers. K-State Research and Extension will sponsor the event.

The day will kick off with an estate planning panel providing insights of estate planning. This professional panel has a wealth of information to share and will also open the floor to answer your questions. The next featured speaker is Erin Martinez, Extension Specialist and Associate Professor with K-State Research and Extension. Erin will discuss advanced directives to ensure your end of life wishes and decisions are carried out. The last session will be sharing ways to pass down your family’s cherished treasures. These sessions will all cover the importance of planning ahead, how to communicate your wishes, and the paperwork necessary to validate these wishes.

### **Understanding Hospice**

Program coming in March in our district.

*Dates: CN on March 14 at Senior Center at 12:30, SH the 18th at noon at the Extension Office & in WA the 19th at 11:30 at the Senior Center.*