

**Human Values in Aging Newsletter**

Mar. 1, 2018

H.R. Moody, Editor

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**OLD FAILURES**

Last night, as I was sleeping  
I dreamt!-- marvelous error!--  
that I had a beehive  
here inside my heart.  
And the golden bees  
were making white combs  
and sweet honey  
from my old failures.

by Antonio Machado (trans. Robert Bly)

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**REMEMBERING URSULA LE GUIN**

Ursula Le Guin, renowned American writer, died on Jan. 22, aged 88. No, I never met Ursula Le Guin, but over the years I've been deeply impressed by her science fiction writing and her many other publications. What may be less known is her thoughtful reflections on the meaning of age:

"One rule of the game, in most times and places, is that it's the young who are beautiful. The beauty ideal is always a youthful one. This is partly simple realism.

The young are beautiful. The whole lot of 'em. The older I get, the more clearly I see that and enjoy it...

And yet I look at men and women my age and older, and their scalps and knuckles and spots and bulges, though various and interesting, don't affect what I think of them. Some of these people I consider to be very beautiful, and others I don't. For old people, beauty doesn't come free with the hormones, the way it does for the young. It has to do with bones. It has to do with who the person is. More and more clearly it has to do with what shines through those gnarly faces and bodies..

I know what worries me most when I look in the mirror and see the old woman with no waist. It's not that I've lost my beauty — I never had enough to carry on about. It's that that woman doesn't look like me. She isn't who I thought I was."

From "Ursula K. Le Guin on Aging and What Beauty Really Means" at:  
[https://www.brainpickings.org/2014/10/21/ursula-le-guin-dogs-cats-dancers-beauty/?utm\\_source=Brain+Pickings&utm\\_campaign=6496bc97b8-EMAIL\\_CAMPAIGN\\_2018\\_01\\_27&utm\\_medium=email&utm\\_term=0\\_179ffa2629-6496bc97b8-237883061&mc\\_cid=6496bc97b8&mc\\_eid=7d3000131b](https://www.brainpickings.org/2014/10/21/ursula-le-guin-dogs-cats-dancers-beauty/?utm_source=Brain+Pickings&utm_campaign=6496bc97b8-EMAIL_CAMPAIGN_2018_01_27&utm_medium=email&utm_term=0_179ffa2629-6496bc97b8-237883061&mc_cid=6496bc97b8&mc_eid=7d3000131b)

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## **WHERE DOES AGEISM COME FROM?**

"Our age-denying culture sets the odds against the elderly. Too often they are ignored, dismissed, segregated, or rendered invisible by the ageism that pervades our national psyche.

Unlike many cultures, we in modern America lack images and archetypes that can guide us in our elder years. Without images to constellate the mixed feelings we naturally have about aging, feelings go underground, into the unconscious where they fester as aversion, revulsion, denial, fear, and so on. These feelings then leak out or erupt in negative humor, subtle put-downs, and caricatures of the aging."

(from Olivia Ames Hoblitzell, *Aging With Wisdom*)

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## **POSITIVE AGING CONFERENCE**

The 9th International Conference on Positive Aging will be held in Philadelphia on April 3-4, 2018. The Conference this year is hosted by Masterpiece Living's Annual Lyceum, and is sponsored, as in the past, by Fielding Graduate University and its

Creative Longevity and Wisdom Program. Sessions are expected on life-review, holistic health, spirituality and aging, conscious caregiving, leaving a legacy, intergenerational relationships, overcoming ageism, and many others topics.

Keynote Speakers will be Ken and Mary Gergen, editors of the *Positive Aging Newsletter*; and Ashton Applewhite, author of *This Chair Rocks: A Manifesto against Ageism*. Sessions include "Memoirs of the Soul," "Music, Dance and Brain Health," "Encore Careers," "Later Life Creativity," "Improv Theater," and many, many more.

For registration and conference details, visit:  
<https://myasterpieceliving.com/lyceum-2018/>

For more about what to expect at this event, visit the website for the 8th Positive Aging Conference at: <http://www.csa.us/?page=PositiveAgingConf>

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## **TRUMP AND POPULISM**

In the 2016 election Donald Trump won a majority of senior voters, promising not to touch Social Security, Medicare, and Medicaid. Now Medicaid is under attack, and the tax plan passed in 2017 sets up Social Security and Medicare for cuts in the future. Curbing immigration could reduce workers needed for home care and other forms of long-term care for the aging population.

The Trump phenomenon has received relatively little attention in the field of aging. For those interested in these issues, I distribute periodic Clippings on issues related to the impact of global populism reflected in Trump and his policies. For those interested in receiving a sample copy or a subscription to these Clippings, send a message to [hrmoody@yahoo.com](mailto:hrmoody@yahoo.com)

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## **WEB SITES TO SEE**

**CONSCIOUS ELDERS.** The Conscious Elders Network has a newsletter featuring important trends and ideas about conscious aging. Visit them at:  
<http://turningpoint.consciouselders.org>

**ON TURNING 70.** Ponder Carol Orsborn's reflections on her birthday at:  
<http://carolorsborn.com/2018/01/30/on-turning-70/>

AGING PRIDE. It's an art exhibit in Vienna that will soon close, but read all about it at: [https://www.belvedere.at/aging\\_pride](https://www.belvedere.at/aging_pride)

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### **BOOKS OF INTEREST**

THE GERONTOLOGICAL IMAGINATION: An Integrative Paradigm of Aging, by Kenneth Ferraro (Oxford University Press, 2018).

RADICAL RESILIENCE: When There's No Going Back to the Way Things Were, by Alice Scannell (A. Beekman Updike, 2017).

SELECTED CONTEMPORARY CHALLENGES TO AGEING POLICY, edited by Tomczyk, Łukasz, and Andrzej Klimczuk (Uniwersytet Pedagogiczny w Krakowie, 2017).

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### **COMING EVENTS**

GERONTOLOGY IN HIGHER EDUCATION: 44th Annual Meeting (Mar. 1-4, 2018, Atlanta, GA). The Association for Gerontology in Higher Education (AGHE) has as its conference theme "The Global Business of Aging." The Conference welcomes educators, policymakers, practitioners, researchers, and entrepreneurs. For details visit: <https://www.aghe.org/>

FUTURE: Aging into the Future Conference (Mar. 2, 2018, Los Angeles, CA). Focus on technology. Millennium Biltmore Hotel Los Angeles, 506 South Grand Avenue in LA. For details visit: <http://www.agingintothefuture.com/>

HOPE IN AGING: "Awakening Hope in Aging, Loss and Death" (Mar. 4-8, 2018, St. John's on the Lake, Milwaukee, WI). This "Measure of Our Days" event is a Symposium on spirituality and aging, offering a soulful approach to end-of-life issues. . Featured Speaker is Jessica Zitter, M.D., author of *Extreme Measures: Finding a Better Path to the End of Life*. The Symposium involves dreams, walking the labyrinth, and deepening the approach to griefwork. For more details and registration, visit: <http://www.saintjohnsmilw.org/wp-content/uploads/2018/01/2018-Symposium-and-Post-Conference-WEB.pdf>

CONSCIOUS AGING Workshop: Cultivating Emotional Wellness (Mar. 11 and 25, Apr. 8, 2018, Niwot, CO). Presented by the Center for Conscious Aging founder

Catherine Dockery, at the Double Rainbow Ranch 2-5 pm. For details call (303) 903-2368 or email to [consciousaging1@gmail.com](mailto:consciousaging1@gmail.com)

**RETIREMENT:** "Dancing the Yellow Brick Road: 3 Steps to the Retirement of Your Dreams" (March. 13, 2018, Webinar). Led by Paul Carter, GoRefire, specializing in retirement education and coaching. This webinar offers fellow elders a process to discover their "Daring reFirement Adventure," 2:00 pm PDT/5:00 pm EDT. For details and registration visit: <http://gorefire.com/>

**LGBT ISSUES:** "Laughing While Learning: Exploring LGBT Aging Issues" (Mar. 16, 2018, Chester, PA). Sponsored by the Sexuality and Aging Consortium of Widener University. For details visit: <http://bit.ly/2DOX1Yb> or [SAConsortium@widener.edu](mailto:SAConsortium@widener.edu) or call 610-499-4692

**CONSCIOUS AGING Workshop** (Mar. 26-28, 2018, Petaluma, CA). Sponsored by Institute for Noetic Sciences (IONS). 10 am to 4:30pm, at EarthRise Retreat Center, 101 San Antonio Road in Petaluma. Presented by Ron Pevny, this workshop will draw upon the practices of both Conscious Eldering and the IONS Conscious Aging Program. It is open to anyone interested in Conscious Aging, and is strongly recommended for those already certified or seeking to become certified to facilitate the IONS Conscious Aging Program. For more information, visit: <https://noeticprograms.org/in-person-workshops/conscious-aging/personal-enrichment-workshop/>

**SOLO-AGING:** Revolutionize your Retirement Interview with Expert's Series (Mar. 27, at 12:00 Noon EST (9:00 am PST, 11:00 CT). Guest will be Sara Geber, author of Essential Retirement Planning for Solo Agers: A Retirement and Aging Roadmap for Single and Childless Adults. Sign up begins Mar. 20 at [www.revolutionizeretirement.com](http://www.revolutionizeretirement.com). Webinar is accessible via phone or Internet. Direct questions to Dori Mintzer at [dorian@dorianmintzer.com](mailto:dorian@dorianmintzer.com)

**CONSCIOUS AGING:** Deepening Conscious Aging Facilitation Skills (Mar. 29-30, 2018, Petaluma, CA). Exploring Best Practices of Workshop Facilitation, sponsored by Institute for Noetic Sciences (IONS) at EarthRise Retreat Center, 101 San Antonio Road in Petaluma. For details visit: <https://noeticprograms.org/in-person-workshops/conscious-aging/deepening-your-conscious-aging-facilitation-skills/>

**SACRED ACTIVISM Weekend Workshop** (Apr. 13-15, 2018, Bangor, PA). Workshop at the Kirkridge Retreat Center is facilitated by Lynne Iser and Rabbi Mordechai Liebling. The workshop is based on the work of Joanna Macy, and is designed to use inner resources for inspiration, resilience and empowerment to face the challenges of today's world. For details and registration, visit:

