



A Global Program Exchange for Positive Aging



Jan Hively



Moira Allan

Global Liaisons' Zoom Conference

Sunday, 11 February, 2018

NOTES

Please note:

- Schedule your time for the next Pass It On Global Zoom conference, Sunday, April 15, 2018.
- The first Regional Pass It On Zoom Conference with Jan and Moira and Kari at the controls will be focused on Africa, Asia and Australasia. If you are based in that region, please help us fix a date, on the attached questionnaire.

Replay of the Meeting:

You can watch a recording of the entire meeting on the Pass It On Network website <http://passitonnetwork.org/quarterly-meetings/>

Present

Kari Henley, CO-US, Facilitator. Participants: Richard Adler, CA-US; Moira Allan, Paris, France; Barbara Atkins, AZ-US; Grazyna Busse, Lodz, Poland; Bruce Frankel, MA-US; Patricia Frithiof, Stockholm, Sweden; Tom Holloway, Oxford, UK; Carleen Mackay, Hawaii-US; Cullen Hayashida, Hawaii-US; Jan Hively, MA-US; David Mark, Nigeria; Gillian Leithman, Montreal, Canada; Lynda Smith, South Africa; Dana Steinova, Prague, Czech Republic; Hellenn Ziribagwa, Uganda; Dieter Zwicky, Switzerland.

Couldn't make it

Hans Gudmundsson, Reykjavik-Iceland; Vera Mensinga, London UK; Mavis Odoom, Ghana; Meg Evans, New Zealand; Margie van Zyl Chapman, Cape Town, South Africa; Hirmanshu Rath, New Delhi, India.

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Welcome

Kari Henley greeted everyone as they clocked in from around the world. In all, 11 countries were represented.

Roll call from around the world

A lively and fruitful exchange dominated this, the first quarterly Global Conference of the year, and the essence of everyone's contribution is recorded here.

- Jan Hively started with a warm welcome from the US.
- Moira Allan welcomed all and invited the Network's new liaison in Poland to present herself.
- Grazyna Busse, from Lodz, Poland, said how happy she was to join the network and presented her work with seniors. All of her work is based on building strengths, self-esteem and independence. One of her main outputs is a newspaper for seniors that is available in both paper and digital versions.
- Tom Holloway is a Web Monger and runs a free service for all U3A organizations throughout the world www.worldu3a.org that encourages cross-country contacts among learners, and encourages new U3A groups to form. He is the editor of *Signposts*, a free monthly newsletter on U3A matters worldwide.
- Barbara Atkins continues her speaking programs at senior centers in Phoenix. She is developing programs on two new topics. One is entitled *Aging and Resilience, the New Normal in a Changing World*, and the second is a workshop with a neurosurgeon on how the brain works and ways of helping to stave off the onset of cognitive diseases.
- Lynda Smith has had a breakthrough and received funding for a two-year program to roll out her 50+ skills building training. She reported that Ageing 2.0 now has a chapter for budding entrepreneurs in Cape Town run by Silvia Kloppers, initiator of the "Care Champs" program.
- Carleen Mackay latest book on *Alternative Careers* is in the final editing process and she is now devoting her time almost entirely to writing, with a new title already underway. She works closely with Cullen on the Active Aging Project.
- Cullen is working full out to start an Active Aging Consortium in Hawaii. In addition, he is running regular two-hour workshops on retirement transitions.

- Hellen is working hard to keep young girls in school and out of early marriages and is tackling the problem in several ways, including building a training center, called the “Centreprise”, to encourage entrepreneurship for both young and old women. See the attached Pass It On Uganda program description.
- Richard Adler reported on 4 issues:
 - A major project is titled *Ageing and Technology*, with the recently created “Generations Lab” that concentrates on building the skills everyone needs to handle their own personal digital electronics. The lab is organizing a tech talk with Angela Waldron who lives and works between California and Australia. A video will be made and Richard will make it available to our Pass It On Network.
 - Palo Alto CA, where the Generations Lab is located, has received recognition by the Age Friendly Cities and this has meant highly rewarding networking within that community.
 - Richard works with Rajiv Mehta who developed the [Atlas of Caregiving](#). This pencil and paper tool for mapping each individual’s caregiver network is now available in digital form, in both English and Spanish. The mission is to catalyze a transformative change for family caregiving through innovative research, practical solutions, and rich collaboration.
 - Richard invited anyone planning to attend the American Society on Aging Conference in San Francisco late March to contact him.
 - He asked if asked if emails of the whole group could be circulated and everyone agreed – see attached list.
- Patricia Frithiof talked of the very successful “Wise Old Women” support program that she has built up over four years. She thinks that it is eminently replicable and much needed. It requires a great deal of energy and commitment but “We have worked through the process and we’re willing to share it.” Editor’s note: read [Patricia’s blog](#)
- David Mark, inspired by the Pass It On Network, reported on exciting activities in Nigeria during the hectic period since the last meeting:
 - The first Seenager’s conference in Nigeria concerning the Challenges of Aging in Africa for which Kari Henley built a web site that includes goodwill wishes from 30 Pass It On networkers round the globe. Moira attended and gave the keynote.
 - Following up on the conference, civic leaders are collaborating with David to develop an Active Aging Network in Nigeria, something that does not yet exist.
 - With Tom Holloway’s guidance, David spoke at the first AIUTA conference to be held in Nigeria, where he laid the foundations for creating a U3A in Lagos.

- David has been awarded a bursary to attend the first [CommonAge Senior](#) Forum that coincides with the Commonwealth Heads of State meeting in the UK in April.
- Dieter set everyone's feet tapping with his description of the salutary effect of dancing on all ages that he encourages with his samba band and a workshop on *The Power of Play*. He will be visiting Hawaii in April and will make contact with Cullen.
- Gillian was invited to write an article for [The Conversation](#) describing how loneliness is lethal and how to reduce it. The article went viral and she's been inundated with media requests for more. Tom reported having heard about the article on the BBC. There was a short discussion about the difference between loneliness and solitude. Jan referred to Lars Tornstam's concept of Gerontotranscendence. Gillian reminded us that loneliness is a psychological construct. Bruce mentioned editing the Life Planning Network's quarter journal in 2017 that focused on Loneliness.
- Bruce reported on a very busy period since the last call. He and Kari, Jan, Moira, Judy Rough, and Gabriel devoted a great deal of time to the Age Without Borders' Virtual Caregiving Summit. He marvelled at how the positive aging movement has spread since he met Jan at the first positive aging conference. Today, relevant activities are mushrooming everywhere through a multitude of innovations. He was recently elected co-president of the Life Planning Network and, while referring to Gillian's article, invited the Pass It On Network Liaisons to send him a note asking to receive the special edition of LPN's Quarterly magazine devoted to Loneliness. He also offered to send LPN's special edition on Aging and Sexuality to Pass It On Liaisons, upon request.
- Kari spoke on the Caregiving Global and Virtual Summit that featured more than 69 speakers from 17 countries around the world. This wealth of information is now being repackaged and will be sent out in small doses in the form of a weekly newsletter.
- Dana shared the excitement provoked by the 15th anniversary of the memory training school in Prague that has trained thousands over the years and boasts 25 students over age 90. The event attracted TV and other media before, during and after the celebration. Dana will be running a *Train the Trainers* memory course at INIA, the UN Institute on Aging in Malta in September. She was very grateful to Pass It On Network connections for being able to reposition a planned Senior Exchange. The exchange that had been planned with Mauritius will now take place between the Czech Republic and Iceland, thanks to the cooperation of Hans Kristjan Gudmundsson, the Pass It On Network Liaison for Iceland.

- With Julia Randell-Khan, Lynda is co-managing Pass It On Network's first Special Interest Group (SIG). Within the Work and Economic Security Pathway, Entrepreneurship is the primary topic for this SIG. Lynda reported on the presentations that have been given by members of the group during its first three meetings, and on the wealth of information now being collected. The group eventually will come up with one or more activities that the members can work on together.
- Moira is seeking ways to earn a livelihood because her half-time consultancy contract with an occupational health clinic ended in December 2017. She's now building a new career focusing on her role as the International Coordinator for the Pass It On Network. The challenge is to use her skills to both advance her lifework and generate enough money to be able to pay the rent.
- Jan made a special plea to spread the Pass It On Network newsletter and expand readership. Just look at the buttons at the end of the newsletter and use them to share the newsletter with Linked In, Facebook, Twitter, etc.



Next global Zoom conferences:

- April 15,
- June 24,
- September 23 and
- November 18.

For our first **regional** Zoom conference see
Questionnaire below



Regional Zoom Conference For Liaisons in Asia and Australasia

Please reply to this questionnaire and send your answers to moira@passitonnetwork.org

We've had enough of missing our liaisons from the other side of the globe because of impossible time differences and will now organize Regional Conferences to accommodate Asia and Australasia.

Please help us fix a day and time slot for our first regional conference that we would like to hold in the **last week of March 2018**.

Name _____ **Time Zone** _____

Which day of the week would suit you? (Mark 1st, 2nd, 3rd, choices)

Day	Preference
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Time preference (mark 1st, 2nd, 3rd, 4th choice)

08h-10h	12h-14h	16h-18h	20h-22h

Comments