

Why should caregivers attend?

For many in the caregiving field, aging presents a series of unending problems to be solved. The aging person is seen as slowing down, exhibiting diminishments, "failing." Applying the appropriate professional, medical or social service intervention can be challenging.

This workshop can bring a refreshing shift of focus in that it explores the positive aspects of aging. By recognizing that aging is a natural stage of adult development, it shows how it is possible to discover ways in which embracing the inevitable losses that accompany aging can become a curriculum for the soul. Recent research also indicates that a positive attitude toward aging can have direct health benefits as well.

When caregivers experience this work, not only are they better prepared to support their patients and clients, but they gain knowledge about their own journey as well.

Our programs in positive aging help older adults explore questions of meaning, ways to seek peace with the past, and provide practical tools for cultivating wisdom from the ordinary experiences of living.

The goal of this day is to help caregivers:

- ◆ increase their understanding of aging as a natural stage in human growth and development
- ◆ to experience some of the practical approaches available to prepare older adults to live life with dignity, grace and purpose.

Much of the loneliness, loss of zest and sense of hopelessness that have become stereotypes of aging evaporate when elders discover and claim their value as mentors, generational bridge builders, a voice for protecting the earth, and

Sisters of St. Joseph
Transformations
SPIRITUALITY CENTER
3427 Gull Road, Nazareth, MI 49074
(just east of Kalamazoo)

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Positive
Aging
Practices for Professional Caregivers



Positive
Aging

Practices for Professional Caregivers

Thursday, May 19, 2005
9:00 a.m. - 3:00 p.m.

For many in the caregiving field, aging presents a series of problems to be solved. Caregivers can benefit from looking at aging from another perspective.

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3427 Gull Road, Nazareth, MI 49074
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269.381.6290 ext. 310
www.transformationscenter.org

What is Sage-ing®?

A 1999 *Los Angeles Times* survey detected “a generation of older Americans who are poised not only to defy long-standing views of aging but to redefine this stage of life.”

Transformation's programs on Sage-ing acknowledge the full range of realities and potentialities of aging. But rather than seeing aging as a problem to be solved, the focus is on aging as a natural stage of adult development. Researchers such as Eric Erikson and Carl Jung have asserted that the unique gift of the expanding elder years reveals a natural yearning for meaning and capacity for inner growth. The term “sage-ing” was coined by Rabbi Zalman Schachter-Shalomi in his book *From Age-ing to Sage-ing*, (Warner Books, New York, 1997) to describe a profound new vision of growing older.



Who should attend:

- Nurses
- Case managers
- Social workers
- Hospice workers and volunteers
- Clergy
- Counselors
- Nursing home and assisted living center staff
- Community senior center staff
- ...and anyone who works with patients or clients who are in midlife and beyond.

Sage-ing helps people:

- Make a conscious choice to transform old resentments into blessings
- Transform a lifetime of experience into forgiveness and wisdom
- Embark on a vital search for meaning and spiritual growth in order to build a legacy for future generations — in spite of the inevitable physical changes of aging.

Workshop Topics:

- I. What is Sage-ing
- II. Demographics and Social Change
- III. Attitudes Toward Aging
- IV. Concept of Eros and Thanatos
- V. The Brain; Higher Order Thinking
- VI. Relevant Studies on Positive Aging
- VII. Sage-ing Practice
 - a. Life Review
 - b. Life Repair
 - c. Life Integration
 - d. Facing Mortality
 - e. Ethical Wills
 - f. Finding Gratitude

Program Facilitator:

Marie Warner is the Positive Aging coordinator for Transformations Spirituality Center. Marie has a B.A. from Nazareth College and an M.B.A. from Western Michigan University. She has had extensive training in group facilitation through the Kettering Foundation, the Healing Racism Institute and the Spiritual Eldering® Institute of Boulder, Colorado. She is a Certified Sage-ing Leader and Sage-ing Circle Facilitator.



Register

Positive Aging / Professional Caregivers

Please register in advance

NAME		TITLE
ORGANIZATION		
ADDRESS		
CITY	STATE	ZIP
()	()	
PHONE (DAY)	PHONE (EVE)	E-MAIL
TO RECEIVE AN ELECTRONIC CONFIRMATION, PLEASE PROVIDE YOUR E-MAIL ADDRESS.		

Payment: \$55

Total amt. enclosed _____

Refund policy:

If a program is cancelled, your fee will be refunded. If you find you are unable to attend, call us two business days prior to the program to receive a refund less a \$15 processing charge. No refunds for late cancellations or no-shows. \$15 charge for NSF checks.

Mail or FAX (269.381.4616) your registration form. If you have questions, call 269.381.6290, ext. 310. Make checks payable to Transformations.

Mail to:

Transformations Spirituality Center
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