

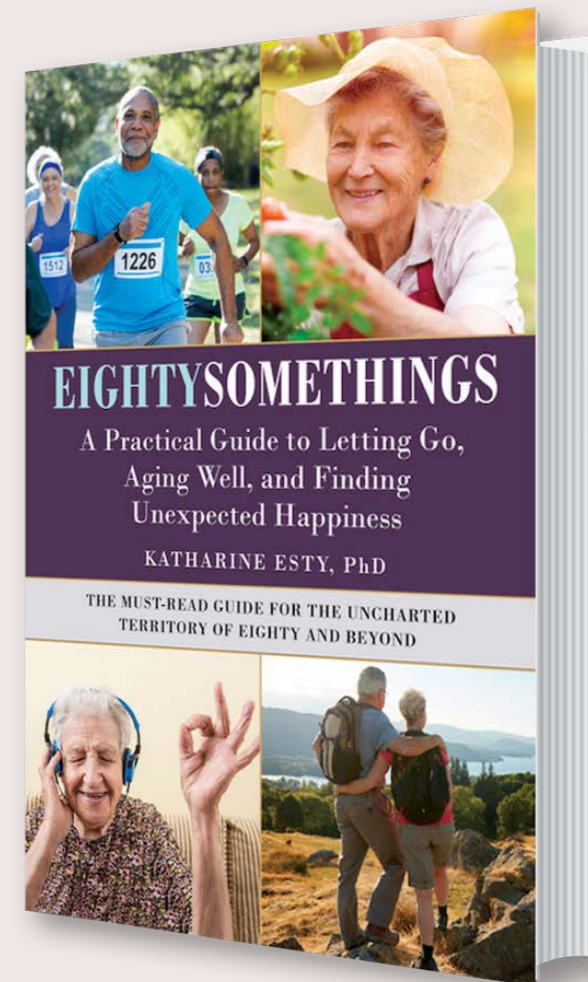
# The Good News About Aging Today

---

with Author Dr Katharine Esty NSFG '52, and  
Williston Board of Trustees President 1990-1



April 14th, 2021 at Noon



Interviews with elders across the country have revealed their real lives.

# Katharine Esty, PhD

---

**Psychotherapist  
Expert on Family Dynamics  
Activist for Aging Well  
Activist against Ageism**

**Wife**

**Mother of four sons**

**Mother-in-law**

**Grandmother**

**Widow**

**Change Agent**

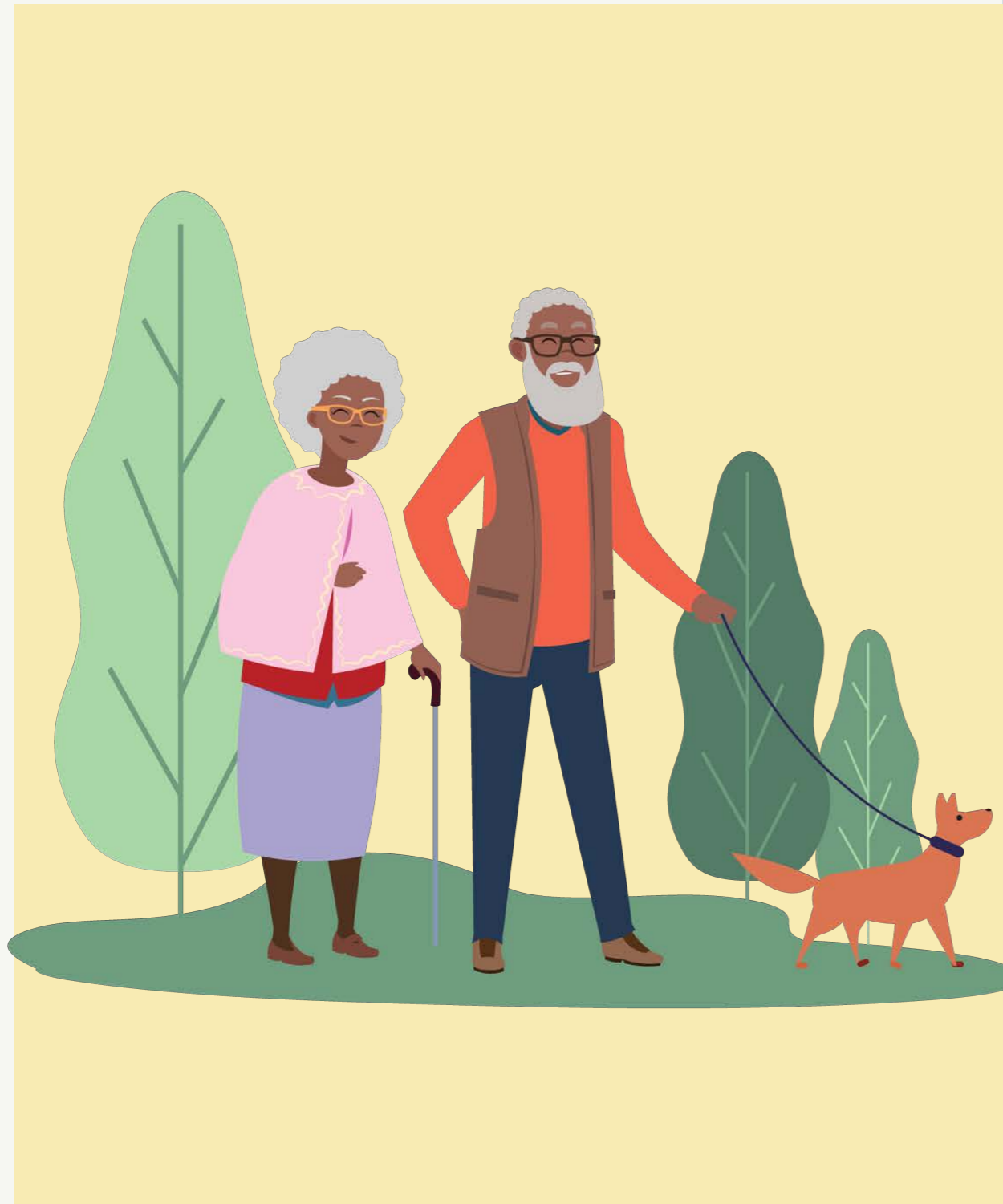
**Co-founder of diversity consulting firm**

**Best-selling author**

**Happiness guru**







# A Few Facts About Life Expectancy

---

- Most people today will have the privilege of longevity.
- Life expectancy in the US is 79.\*
- Life Expectancy was 65 back in the 1930s.\*
- When you reach 80, men have 7 years of life expectancy and women have 9 years.\*
- In Hong Kong life expectancy is 84.

\* Statistics cited from the United States Census Bureau.

# Beliefs & Stereotypes About Aging

---

- You can't teach an old dog new tricks.
- Most old people are slow, frail & sick.
- Old people aren't interested in sex.
- Old people are grouchy and grumpy.
- Old people are set in their ways and can't change.
- Old people are usually worried and depressed.

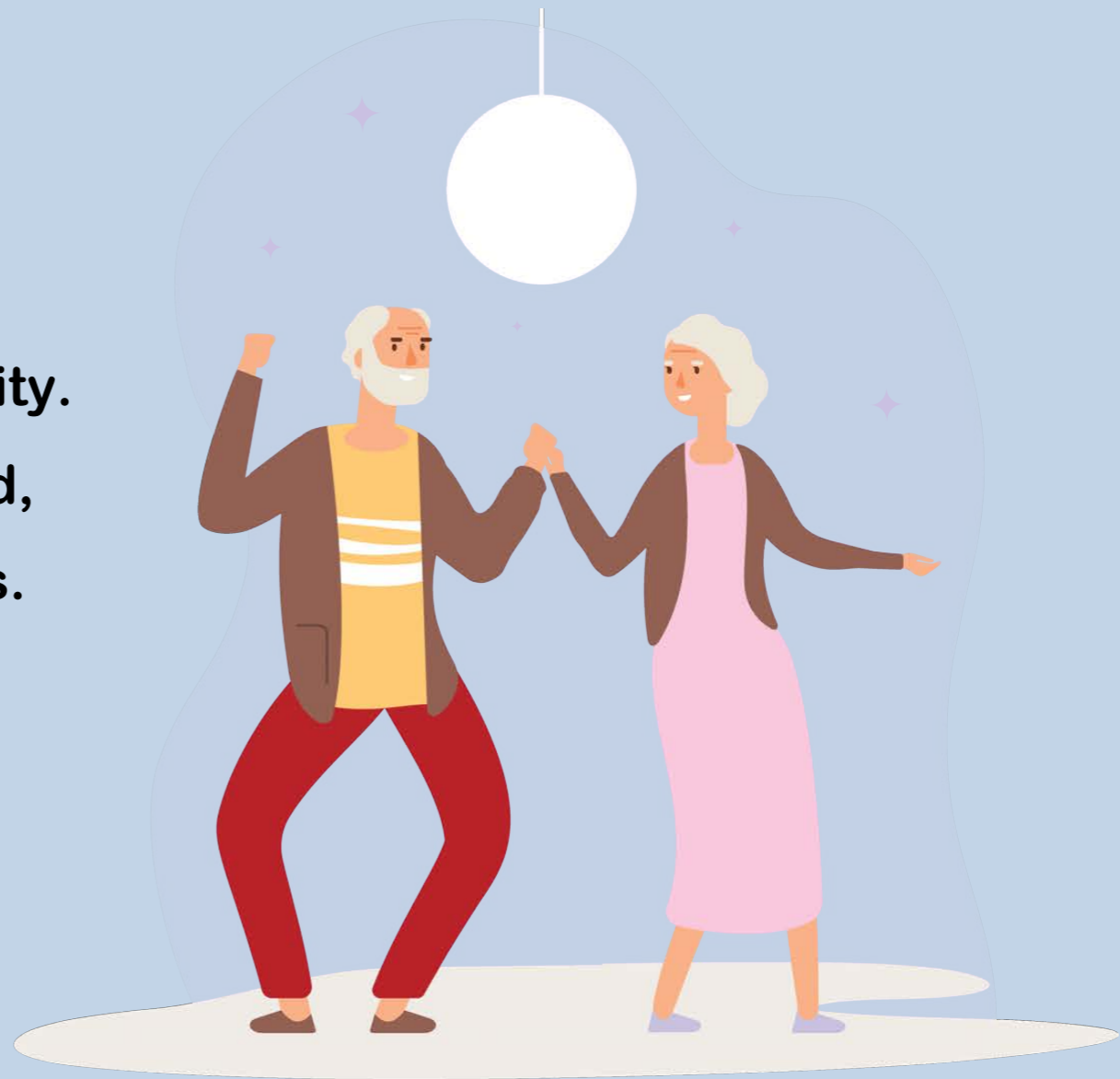


# The Good News About Aging Today:

## Recent Research

---

- **Most Older People are Happy.**  
**Laura Carstensen, Center for Longevity at Stanford University.**
- **Older people are less stressed, worried and angry than others.**



# The Good News About Aging Today

---

- Most elders are pain free and lead active lives.



# The Good News About Aging Today

---

- Most old people remain interested in sex and many are sexually active.



# The Good News About Aging Today

---



- **The aging brain continues to develop and even heal itself with neuroplasticity. Becca Levy, Yale School of Public Health.**



# Guidelines for Aging Well

---

- Ignore outdated stereotypes.
- Stay connected to friends, family and community.
- Find a purpose that engages you.
- Explore what is possible.
- Learn about mindfulness.



# E.M Forster said:

---

“We must be willing to let go of the life we had planned so as to have the life that is waiting for us.”



# Keep in Touch with Katharine

---

You can sign up for Katharine's newsletter at [www.katharineesty.com](http://www.katharineesty.com)

Follow her on:

Facebook at  
<https://www.facebook.com/katharine.esty.79>

Twitter at [@esty\\_phd](https://twitter.com/esty_phd)

Medium at  
<https://medium.com/@katharineesty.com>



---

Find  
*Eightysomethings:*  
*A Practical Guide to*  
*Letting Go, Aging Well*  
*and Finding*  
*Unexpected Happiness*  
on Amazon or at your  
local bookstore.

---

