Aging, It Could Happen to You

Natalie Mazzullo, M.Ed
and
Phyllis Militello, MPA

Nevada Geriatric Education Consortium
University of Nevada School of Medicine
Agenda

- Introduction
- Quiz
- Discussion of Aging Changes
- Card Game
- Internet Activity
- Discussion of Experience, Statistics, Quiz
- Program Close
Objectives

• Discuss some signs of normal aging versus inactivity and disease.
• Describe how it feels to have losses and challenges that might occur as one ages.
• Recognize successful aging.
Aging Quiz

- Take the Aging Quiz
- When completed set it aside, for later review and discussion
The following activities are only simulations and do not truly replicate the physiological changes that occur.
Diseases of the Eye

- Macular Degeneration
- Diabetic Retinopathy
- Glaucoma
- Cataracts
- Blindness
Normal Vision
(Slides from National Eye Institute)
Macular Degeneration or Loss of Central Vision
Glaucoma or Tunnel Vision
Diabetic Retinopathy or Loss of Parts of the Visual Field
Cataracts or Loss of Contrast
Many persons maintain near normal sight well into old age. However, the aged eye does go through some “normal” change.

Presbyopia
Health Literacy Reminders for Aging Eyes

- Flat vs. glossy paper
- Font size
- Font style
- Color contrast
- Colored paper
Activities

- Plastic baggie

DO NOT EAT THE CANDY… YET!
• Gloves
  ○ Put on the gloves
  ○ What might this simulate?
  ○ Is this a typical part of aging?
How was this experience

- Loss or sensitivity to touch
  - Parkinson’s disease
  - CVA – mini strokes
  - Arthritis
Chocolate Activity

- Hershey’s® Kiss
  - Open the chocolate
  - Hold your nose
  - Eat the chocolate
  - What might this represent?
  - Is this a typical part of aging?
How was this experience

• Loss of smell – linked to loss of taste

• Loss of Taste
  o Medications
  o Dry mouth
  o Gum disease
  o Dentures
  o Infections of the mouth
Hard Candy Activity

- Hard Candy
  - Open hard candy and place on your tongue
  - Talk to your neighbor
  - What might this represent?
  - Is this a typical part of aging?
How was this experience

- Bell’s Palsy
- Stroke
  - Did you have any trouble?
  - Did you drool?
  - Did you have any trouble talking or listening?
  - Did you want to help the person by finishing their sentence?
Straw Activity

**Straws**
- Put the straws in your mouth. Do not breathe through your nose breathe through your mouth.
- Stand up and sit down repeatedly for a minute or two.
- What might this represent?
- How would this affect your activities?
- Is this a normal part of aging?
How was this experience

- COPD
- Severe asthma
- Emphysema
Cotton Ball Activity

- **Cotton Ball**
  - Put the cotton balls in your ears and talk to your neighbor
  - What do the cotton balls represent?
  - What might this represent?
  - Is this a typical part of aging?
How was this experience

- Hearing Loss
  - Occurs over time
  - People resist getting hearing aids
  - It has an impact on communication and social activities
  - Medication non-compliance
Card Game Introduction
Job/Career
Family
Health
Home
Transportation
Job/Career
You have lost your job/career

- How do you feel about that loss?
- How will it impact your life?
You have lost your spouse/family

- How do you feel about that loss?
- How will it impact your life?
Health
You have lost your Health

- How do you feel about that loss?
- How will it impact your life?
Home
You have lost your House

- How do you feel about that loss?
- How will it impact your life?
You have lost your car

- How do you feel about that loss?
- How will it impact your life?
Savings
You have lost your savings

- How do you feel about that loss?
- How will this impact your life?
Now let’s look at the cards in another way -
If you could only choose one card to keep what would it be and why?
What are the top three?
Words of Wisdom

- Life doesn’t give us a choice of what we keep and what we lose. We need to handle with what life “deals” us as best we can.
- Have a positive attitude. It will serve you well.
You will have 45 minutes to complete this assignment
Go to the National Institute on Aging Publications website at:
  - www.nia.nih.gov/HealthInformation/Publications/
  - Find the AgePages and follow the directions.
Review the Aging Quiz

- Review of Age Quiz questions 1 - 8
Older people are like everyone else; they are as different from each other as you are from each other.

Grumpy, generalization or stereotype?

Some things we experienced are normal changes of aging and some are diseases that people may or may not get.
Cotton Ball Activity Recap

- We used cotton in our ears to simulate hearing loss.
- Our hearing may decrease some as we age but not always to the point where we need hearing aids.
- Some jobs, listing to loud music etc. may contribute to hearing loss in some people.
The straws were used to simulate COPD, asthma, and emphysema.

Each of these diseases results in poor oxygen exchange and it hinders our breathing.
Our sense of taste and smell changes some, as does our sense of thirst. It is very easy for an older person to get dehydrated. By the time the older person notices they are thirsty they are most probably on their way to dehydration.

The candy was used to demonstrate the after affects of a stroke or loose dentures.
Take Home Points

- What makes most of these changes abnormal is the **degree of change**.
- **Disease is not normal.**
- We also talked about other challenges that an older person faces.
- By bringing them to your attention we hope that you will be more understanding of older persons you may encounter in your daily lives.
Ratio of under 65 to over 65 years of age*:

- 1900: 1 in 25 or 4.1% were age 65 or older
- 2000: 1 in 8 or 12.4% were age 65 or older
- 2030: 1 in 5 or 19.3% are expected to be age 65 or older

- 3.6% (1.3 million) older adults lived in nursing homes in 2011
- Those who reach age 65 have an average life expectancy of an additional 20.4 years for women and 17.8 years for men.

* Administration on Aging, Administration for Community Living, U.S. Department of Health and Human Services, 2012 Profile
We would like to share some super seniors with you and then have you share some of your favorite seniors!
Michelangelo (1475 – 1564) completed his final frescoes, in the Vatican's Pauline Chapel, at age 79. He died after a brief illness at 89.
Georgia O’Keefe (1887 – 1986) continued painting well into her 90s, despite failing eyesight. She suffered from macular degeneration.
Frank Lloyd Wright (1867 – 1959) worked on the Guggenheim Museum until his death at 91.
Dorothy Geeben, 96

She is believed to be the nation’s oldest mayor and she ran unopposed in 2004 to a two-year term and won.
In 2003, Reuben Law was one of fewer than 200 surviving U.S. veterans of WWI out of a total of 4.7 million who served. He died of a stroke in 2005.
Phil Marquez, 96

A Ventura barber who continued cutting hair into his 90s and was affectionately known as "Phil the Barber." He ran Phil’s Barbershop for 63 years. He died at 96.
Ida started competitive running at age 67 to help deal with grief over losing her two sons from drug-related homicides. In August 2014, she became the first 99 year old woman to win a 100-meter race in 59.8 seconds.
Ivy Browne, 80

Ivy set the world record for the 10K open-water swim in 1996. She held eight national records and won over 500 medals in swimming and track and field. She died in 2002 at 87 and donated her body to the University of Nevada School of Medicine.
John Glenn, (b. July 18, 1921), is a former American pilot, engineer, astronaut, and United States senator. He was one of the first U.S. astronauts to orbit the earth and the oldest man in space.
Willie Nelson (b. April 29, 1933) is an American country music singer-songwriter, as well as an author, poet, actor, and activist. You may know him from singing Coldplay's “The Scientist” for a Chipotle commercial which he sang at the 2012 Grammys.
Sir Michael Caine (b. March 14, 1933) is an English actor and author who has appeared in over 115. You may know him in his reprised role as Alfred Pennywood in the *Batman* sequels or as the British secret agent in *Cars 2*. 
Harrison Ford is an American film actor and producer. He gained worldwide fame for his starring roles as Han Solo in the original *Star Wars* trilogy and the title character of the *Indiana Jones* film series.
Morgan Freeman (b. June 1, 1937) is an American actor, film director, and narrator. He is best known for his distinctive smooth, deep voice. You may know him from *Now You See Me* and *Lucy*.
Roy Dotrice, (b. 26 May 1923) is a British actor known for his Tony Award-winning Broadway performance in the revival of *A Moon for the Misbegotten*. You may know him as Grand Maester Pycelle in the HBO TV series *Game of Thrones*.
Earvin "Magic" Johnson, Jr. (b. August 14, 1959) is a retired professional basketball player who played point guard for the Los Angeles Lakers for 13 seasons. In 1991, he announced he had contracted HIV. He has been living with the virus for 23 years.
Betty White (b. January 17, 1922) is an American actress, comedian, singer, author, producer and television personality. In 2013, the Guinness World Records awarded White with having the longest television career for a female entertainer. In February 2014, she appeared as a guest host on *WWE Raw*. 
Debbie Reynolds (b. April 1, 1932) is an American actress, singer, and dancer. At 64 she owned a hotel and casino in Las Vegas. In 2007, she was awarded an honorary degree of Doctor of Humane Letters from UNR from their film-studies program.
Dame Angela Lansbury, (b. 16 October 1925) is an actress and singer who has appeared in theatre, television, and films. Her career has spanned seven decades. Lansbury co-starred in *Mr. Popper’s Penguins*, opposite Jim Carrey. You may also know her as Mrs. Potts, from *Beauty and the Beast*. 
Inspiring Athletes Over 60

Most Inspiring Athletes Over 60
Thank you

This project is supported in part by funds from the bureau of health professions (BHPR), health resources and services administration (HRSA), department of health and human services (DHHS) under geriatric education centers grant #UB4HP19205 for a total award of $2,082,315. Additional costs are embedded into general operations and are incalculable. The information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor as endorsed by BHPR, HRSA, DHHS or the U.S. Government. This activity is offered in partnership with other HRSA funded programs.
Available upon request