



Authentic Aging
HELPING PEOPLE NAVIGATE POST
CAREER LIFE WITH PASSION AND PURPOSE

*A workshop designed to support the transition of
identity, purpose and passion in
retirement.*

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What do you think might be different in your life the day after you retire?

Myths:

Retirement means the end of work.

Retiring will be a breeze.

The “I’ll just stay busy” myth.

4 critical elements to invest time and energy in to have a positive impact on this phase of life.

Exercise - Important for the brain health as well as the body. Dig deeper into the benefits to your body and mind.

FOOD - the gut is referred to as the second brain. The food we eat directly impacts our mood, immune system, sleep patterns and much more. Learn more about the foods you eat and their impact on mental, physical and emotional health

Relationships- Having close healthy relationships helps make the transition to a new life much easier. They must be sincere and two way. The opposite is “isolation”. Isolation is perhaps the biggest negative factor in aging. It increases the risk of mortality, negatively affects both physical and mental health and contributes to cognitive decline and risk of dementia, high blood pressure and depression.

Purpose- Having a purpose in life also has a very significant impact on our health and there is substantial research that indicates that people who have a purpose in their life live, on average, 7 years longer than people who don’t.

Purpose is the process of discovery of finding out who we are and what we are meant to do with our lives. It’s a way that steps outside of measuring success by prestige, personal wealth and power. It represents the freedom of living beyond ego and status.

TOOLS TO BEGIN USING NOW:

Housecleaning.

Clean house to rid your life of things that no longer serve you. Start small...maybe one closet. See how you feel and continue the process

Try new things...lots of them and don't worry about what others think. Be curious and open to new discoveries/opportunities. If you don't like them, move on.

Strengthfinder Personality Test. Learn about your top 5 strengths:

<https://www.gallupstrengthscenter.com/product/en-us/10108/top-5-cliftonstrengths-access>

Practice retirement- Start now to transition into retirement rather than waiting until you are retired. Start to incorporate change into your life now. Explore opportunities on

www.meetup.com

Be curious. Take a different road home or explore the world around you. At age 62 you can go to college for free. (see notes in "sources"). Curiosity keeps you moving, trying new things which often times leads to unexpected opportunities

Experience silence:

Every faith tradition has a variation on the well-known phrase in the bible that says "Be still and know that I am". Remove all of the noise and distractions to hear your inner voice or that part of the brain that stores forgotten past interests, ideas and inspirations.

What will not help you is fear. Fear is the great immobilizer.

Sources:

W. Graebner. A History Of Retirement: The Meaning And Function Of An American Institution, 1885 to 1978, New Haven, Connecticut, USA:Yale University Press 1980. 293 pp. ISBN 0-300-03300-1

D. Costa. The Evolution of Retirement: An American Economic History, 1880-1990. Chicago, Illinois USA: University of Chicago Press, 1998. 234 pp. ISBN 978-0-226-11608-2.

Lifestyle Changes: Misconceptions About Life in Retirement

by **Michael E. Leonetti** <https://www.aaii.com/evergreen/article/lifestyle-changes-myths-and-misconceptions-about-life-in-retirement.touch> Your brain on exercise by Kate Wheeling <https://www.outsideonline.com/2186146/your-brain-exercise>

That gut feeling

With a sophisticated neural network transmitting messages from trillions of bacteria, the brain in your gut exerts a powerful influence over the one in your head, new research suggests.

<https://www.apa.org/monitor/2012/09/gut-feeling.aspx>

The Gut Microbiome and the Brain

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4259177/>

Cacioppo, J. T., & Hawkley, L. C. (2009). Perceived social isolation and cognition. *Trends in Cognitive Sciences*, 13(10), 447-454.

Debunking the Top 5 Retire-Myths; <https://www.kiplinger.com/article/retirement/T037-C032-S014-debunking-the-top-5-retire-myths.html>

Resources & recommended reading:

The Power of Purpose by Richard Leider

Life Re-imagined by Richard Leider

Transitions by William Bridges

****Couples Retirement Puzzle- Roberta Taylor and Dorian Mintzer - 10 must have conversations couples would benefit from having to prepare for a quality retirement.**

The Chemistry of Calm by Dr. Henry Emmons, MD

The Chemistry of Joy Workbook by Dr. Henry Emmons, MD

The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now! By Mark Hyman M.D.

Eat Fat, Get Thin: Why the Fat We Eat Is the Key to Sustained Weight Loss and Vibrant Health by [Mark Hyman M.D.](#)

****Undo It!: How Simple Lifestyle Changes Can Reverse Most Chronic Diseases by Dr. Dean Ornish M.D. and Anne Ornish**

The Truth About Food: David Katz, MD *The Truth about Food*, one of the world's leading authorities on lifestyle medicine, health promotion, and the prevention of chronic disease lays out not just what he knows about diet and health, but how and why he knows it.

www.bluezones.com – An organization dedicated to health and longevity. Sign up for their newsletter for tips on healthy eating and habits from places in the world where people live especially long lives with health and quality.

Go to college for free when you turn 62: <https://onestop.umn.edu/academics/senior-citizen-education-program>

www.meetup.com is a place where people who share a passion can connect, meet and talk about their passion, share notes and learn. Just about anything you can think of probably has a meetup group established and if not, you can start one.

SHIFT www.shiftonline.org Shift is a Twin Cities based non-profit. SHIFT is a proven, guided and peer-supported resource for mid-lifers seeking purpose and passion in their life/work. SHIFT seeks to be the community hub for mid-lifers as they navigate work/life transitions, connecting to resources, organizations and individuals that will guide members to a life of purpose and impact.

Your Retirement Quest: Alan Spector and Keith Lawrence www.yourretirementquest.com click on “About” and you will find links to a number of interesting articles and podcasts.

Pursuit of a memorable life: Dustin Garis Ted Talk <https://www.youtube.com/watch?v=nLe-8y7Tddk> 14:31 min. long.

Volunteer opportunities and additional resources:

- [AARP Experience Corps](#)
- [Center for Retirement Research at Boston College](#)
- ENCORE.org | [Generation to Generation: Volunteer Opportunities](#)
- [EngAGE.org](#)
- [Global Citizens Network](#)
- [Global Volunteers](#)
- [Little Brothers - Friends of the Elderly](#)
- Minnesota Board on Aging | [Senior LinkAge Line®](#)
- [Social Security Administration](#)
- U of M [LearningLife's Encore Transitions](#)

- www.handsontwincities.org This non-profit will match skills to needs in the non-profit community