

# Caravan

THE NEWSLETTER OF THE NATIONAL CENTER TO REFRAME AGING

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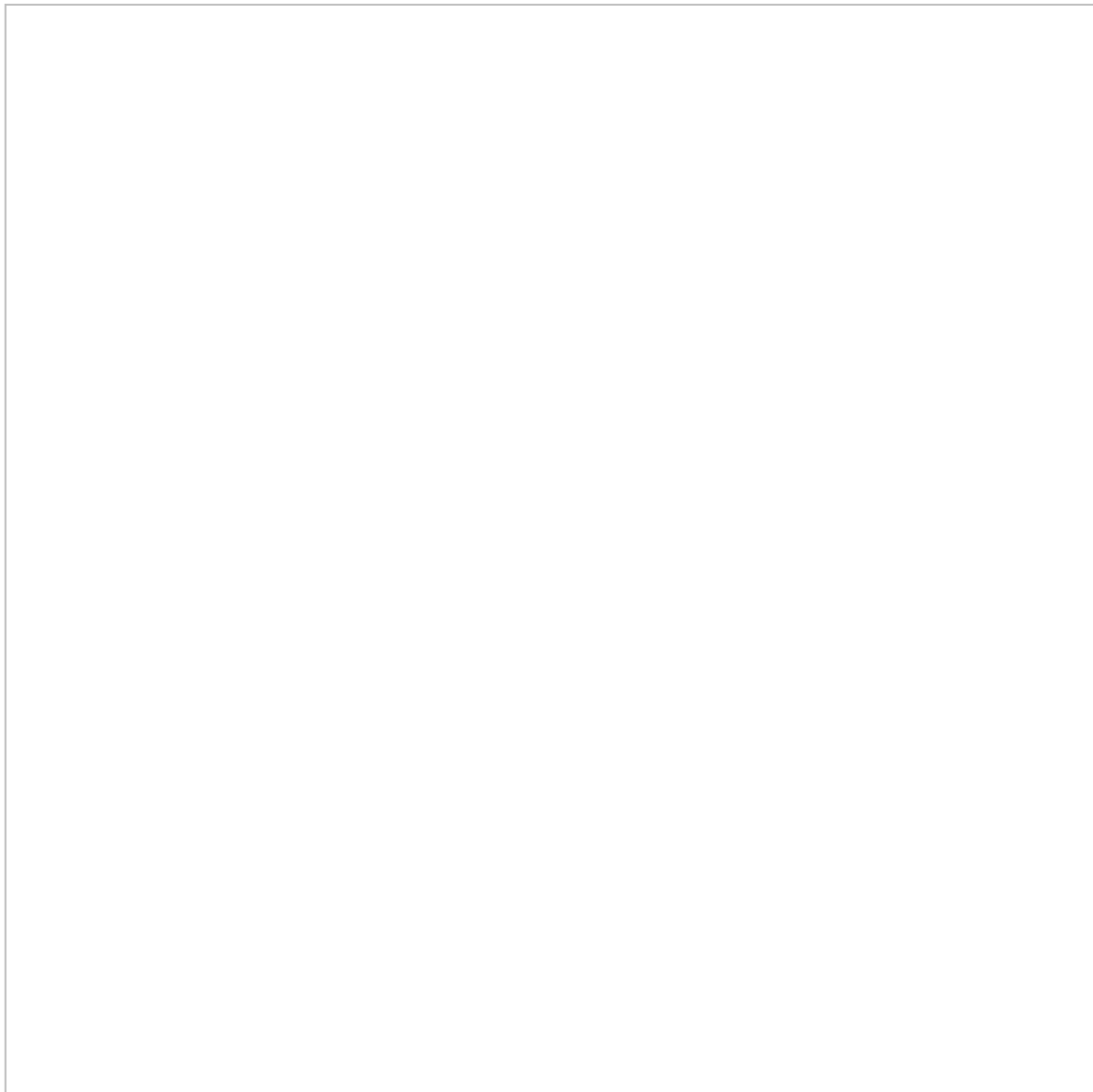
Welcome to the latest edition of *Caravan*. This bi-monthly newsletter shares information, ideas, and inspiration to help our fellow travelers on our journey to improve the public's understanding of what aging means and the contributions older people bring to society.

## Older Americans Month

May 1st marked the beginning of Older Americans Month (OAM), a celebration of the contributions and achievements of older Americans and our shared commitment to honoring the older members of our communities. Hosted by the Administration for Community Living

(ACL), this year's theme is Aging Unbound: exploring diverse aging experiences, addressing negative stereotypes of aging, promoting flexible thinking about aging, and demonstrating how we all benefit when older adults remain engaged, independent, and included.

This month as we all take time to celebrate older members of our community and age-inclusive resources, the National Center team invites you to continue to celebrate your own aging experiences and the incredible work we have all done to advance the movement to reframe aging. We are almost halfway through the year and as the warm summer months approach, we have no plans to cool off our efforts to reshape the conversation on aging. In this issue of Carvan we are featuring how the National Center is joining in on the celebration of aging, spotlights on community celebrations, and how implicit bias toward aging is being addressed during OAM.



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## Poll Review

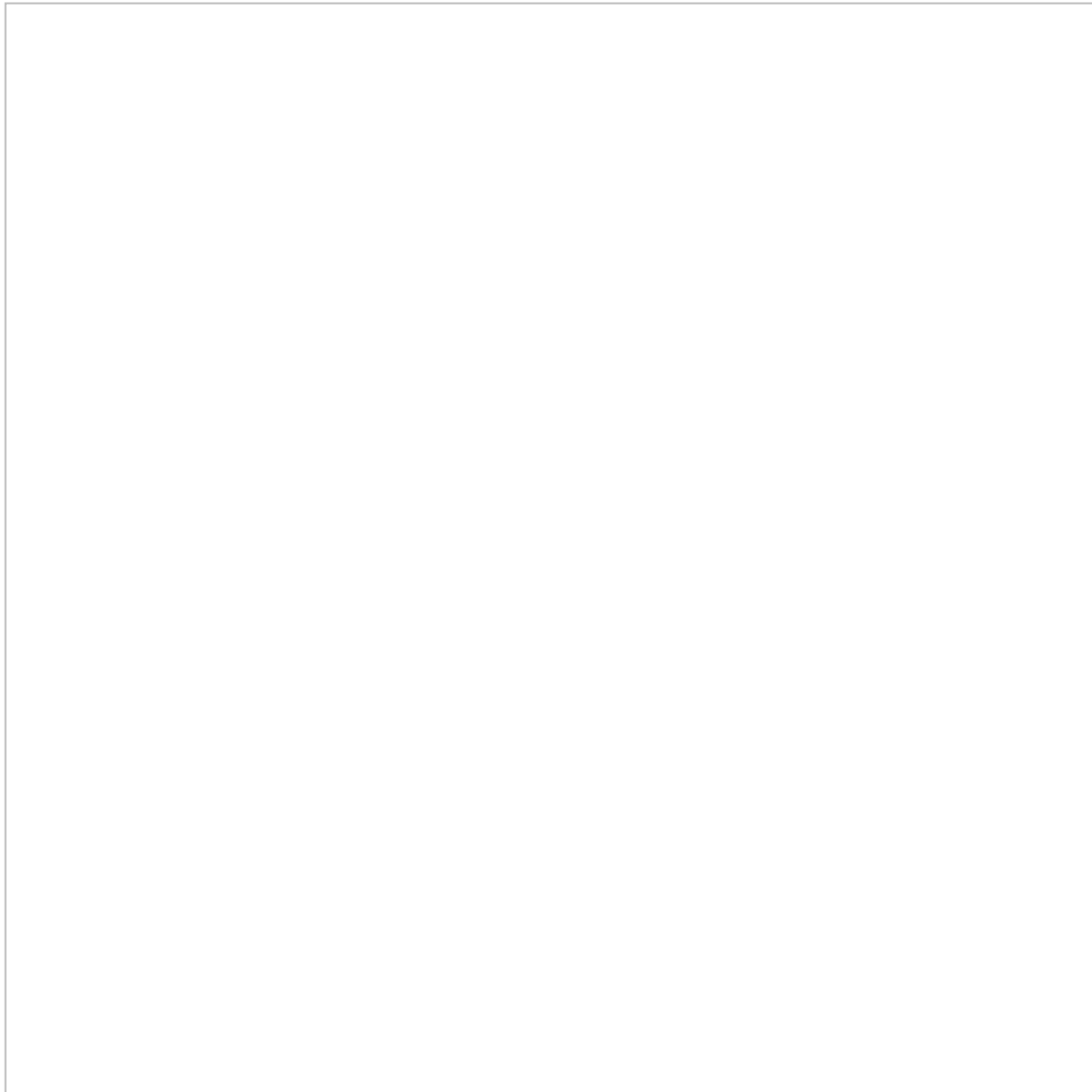
In April we began our countdown to OAM. In preparation to join in on OAM's Aging Unbound, we invited our Caravan readers to share how you all celebrate your diverse aging

experiences. 60% of participants shared that they celebrate their ever-growing knowledge and experiences. There were several additional comments about this celebration including:

*"I'm embracing and using my interpersonal and leadership skills and experiences, mentoring students and new faculty (as a department chair) in my professional life and in a senior position in my church."*

*"I so appreciate learning from younger people and integrating that new knowledge with the expertise and perspective I have gained over many decades of professional work. It's a complex world out there and we all need to learn from one another!"*

The National Center team is thrilled to be a part of this celebration with you and to continue to build on the movement to create a more equitable and complete story about aging in America.



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**Updates from the National Center to Reframe Aging**

Conference season is upon us, and the National Center team will be presenting at the following meetings and conferences the next two months:

- o May 15: Advancing States Members Meeting
- o May 16: [Celebrating Seniors - Chicago](#)
- o May 26: AmeriCorps Seniors
- o June 12: [National Council on Aging: Age + Action 2023](#)

Reach out to us at [reframingaging@geron.org](mailto:reframingaging@geron.org) if you will be attending any of these meetings so we can connect!

- The National Center to Reframe Aging and the Diverse Elder's Coalition are teaming up during OAM to celebrate our diversity as we age. [Join us throughout the month of May](#) as we highlight older Americans and resources that support all of us as we age on [Twitter](#), [LinkedIn](#), and [Facebook](#).
- The National Center to Reframe Aging will be joining the National Center on Elder Abuse's third annual virtual awareness walk, [Walk for WEAAD](#) to build a national elder justice movement, through movement! Registration is now open, the National Center invites you to [join our team](#), [NationalCentertoReframeAging](#). Walk for WEAAD began May 1st and runs through June 15th.
- [Celebrating Seniors Week](#) is May 11-18, 2023! The National Center will be joining the celebration with Concordia University Chicago's Center for Gerontology on May 17 with an interactive workshop! [Register today](#) to participate in the workshop, led by the National Center's Trish D'Antonio, on how ageism and negative stereotypes of older adults can be challenged through meaningful dialogue and action.
- [Stay tuned: SAGE](#) and the National Center are teaming up to bring you a resource guide, featuring tools from each organization, which will help support your messages celebrating our diversity as we age for Older American's Month. This resource guide is set to launch May 18th!
- You are invited to join us for the third webinar of the Changing the Conversation Webinar Series, [Changing the Conversation: Age as a Point of Intersectionality webinar](#), on May 23rd at 1:00PM ET. During this portion of the series, presenters will discuss the importance of recognizing diversity as we age to advance equitable policies. [Register](#) to learn more about the vision of a world where we can all live a full life as we age.

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## What We Are Reading on the Impact of Implicit Bias Towards Aging

- [This article from Medical News Today](#) discusses research on how beliefs about aging influence recovery from mild cognitive impairment. Researchers found addressing implicit bias towards aging and fostering positive age beliefs may be highly beneficial in improving cognitive function.
- [In this HuffPost article](#), author Vanessa Nirode shares her implicit bias towards aging and stereotypes that have impacted her attitude towards aging. She talks with psychologists to help her change the internal image she has formed of aging based on the media.
- The North Carolina Medical Journal [featured this article](#) highlighting the importance of ensuring that everyone, regardless of age, can participate in our communities in meaningful ways and the risks of social isolation when these opportunities to contribute to our society are not available.
- Learn more about the impacts of social isolation from the [University of Michigan's 2023 National Poll on Healthy Aging \(NPHA\)](#). Their report emphasizes the need for

policies to ensure we all have the infrastructure to age with dignity.

- [“Ageism, stigma hinders response to senior alcohol use disorder”](#) by Jessie Hellmann is a policy piece in Roll Call focusing on how older adults are not getting the care needed to address addiction due to ageism, stigma, limited treatment options, and a lack of interest from policymakers and health care providers.
- [Learn more from the National Council on Aging \(NCOA\)](#) about what community-based organizations are doing to ensure we all have access to vaccines as we age.

Click here to stay up to date on what we're reading!

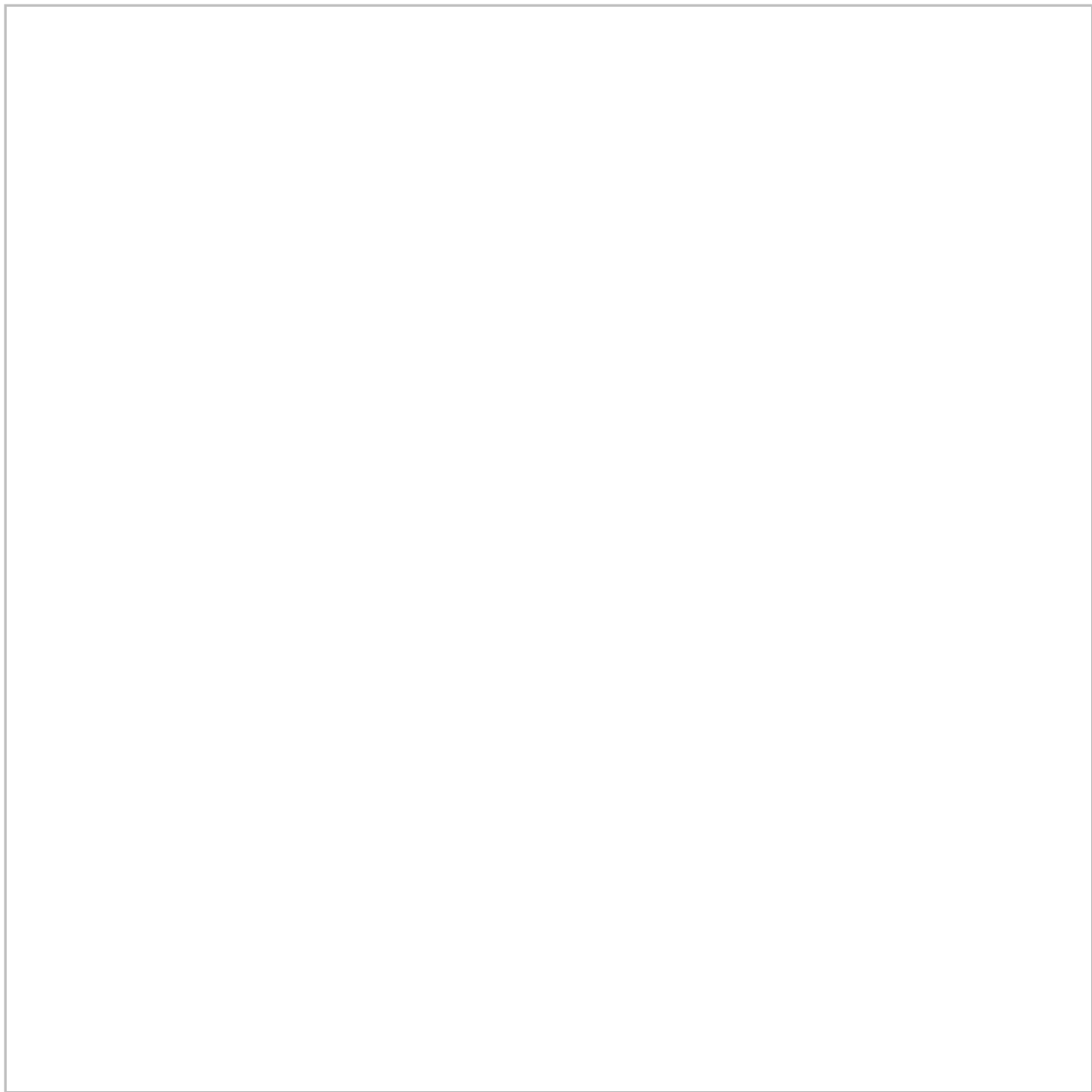
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## Podcast Discussions on Implicit Bias

- Ashton Applewhite, an author and expert on ageism, was a guest on The Nice Podcast, focused on improving employee retention, communication, and culture with the Nice Method™. [Listen in](#) to hear the discussion surrounding implicit bias towards aging in the changing nature of work and retirement.
- The Gerontologist Podcast released a new episode, [“TikTok and Ageism with Dr. Reuben Ng.”](#) Listen in to hear more about implicit bias towards older users on TikTok.

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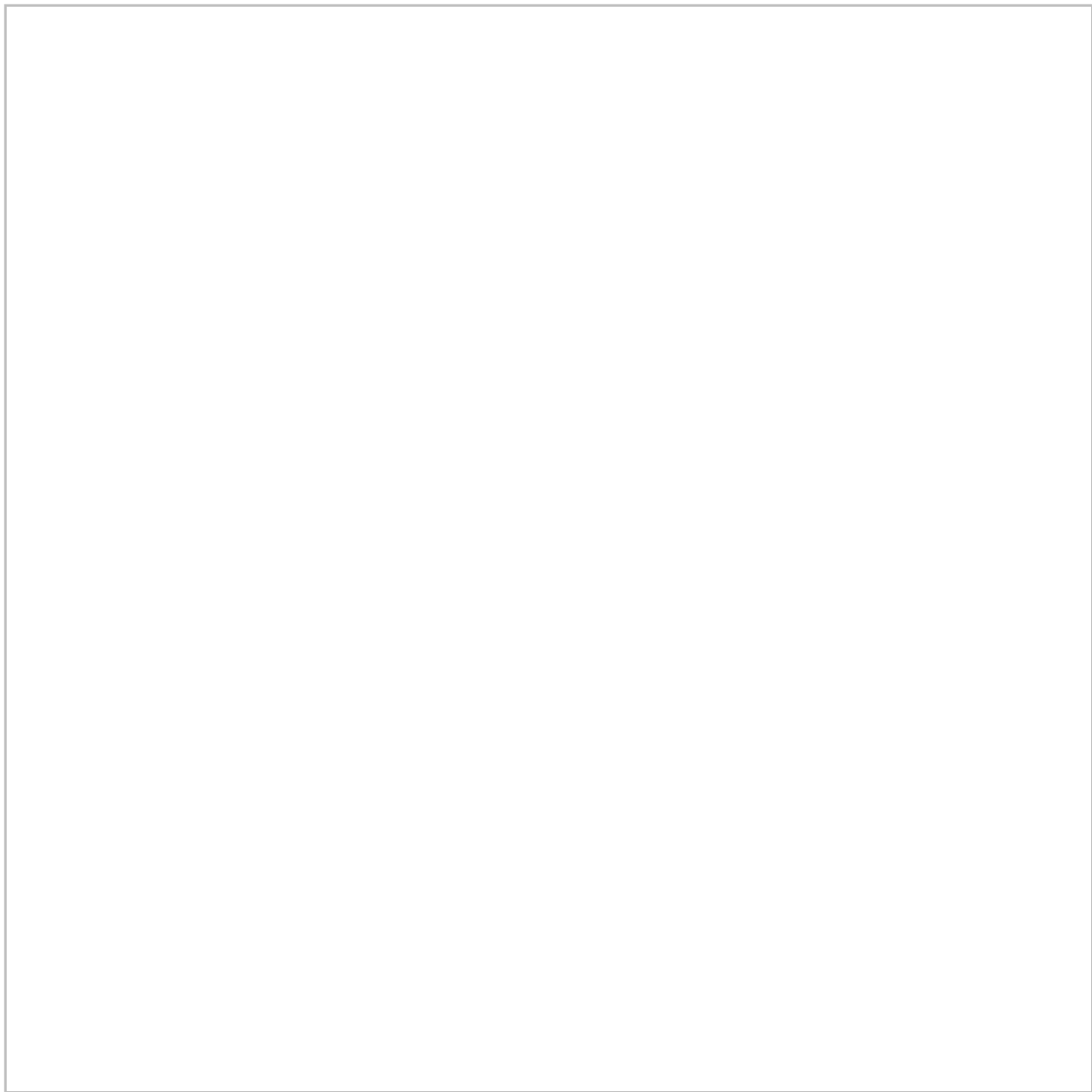
## Caravan Spotlight



- South Dakota State University Extension launched Growing Active Readers (formally iGrow Readers). This is a series of book-based lessons to help young children understand the benefits of making healthy decisions involving nutrition and physical activity. Three lessons were added focusing on sharing positive messages about aging and older adults (Little Red Riding Hood: A New Fangled Prairie Tale, Verdi, and When Grandma Gatewood Took a Hike). These materials are free to use: [learn more here](#).
- Beth Kowalczyk's presentation at the annual meeting of United Senior Services on April 27 was featured in the *Springfield News-Sun*. Kowalczyk encouraged folks to examine their implicit bias toward aging and its impact. Kowalczyk has been a facilitator with the National Center since early 2020.

**Way to go Caravan!**

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The National Center to Reframe Aging is led by The Gerontological Society of America (GSA) on behalf of the Leaders of Aging Organizations and is currently funded by Archstone Foundation, The John A. Hartford Foundation, RRF Foundation for Aging, and The SCAN Foundation.

