# Newsletter For Mature Adults

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## Combatting Ageism

The first sign of feeling like an outsider because of age is when your find yourself getting sir'd or ma'amed by younger people. Suddenly, you realized that you're perceived as older or old.

As the years tick by, the way you're viewed in the world may become more insidious – being overlooked for jobs and promotions, being treated as an incompetent, or being patronized.

Could it be that you're facing ageism?

Old School, a new website, defines the experience. "Ageism is stereotyping and discrimination on the basis of a person's age."

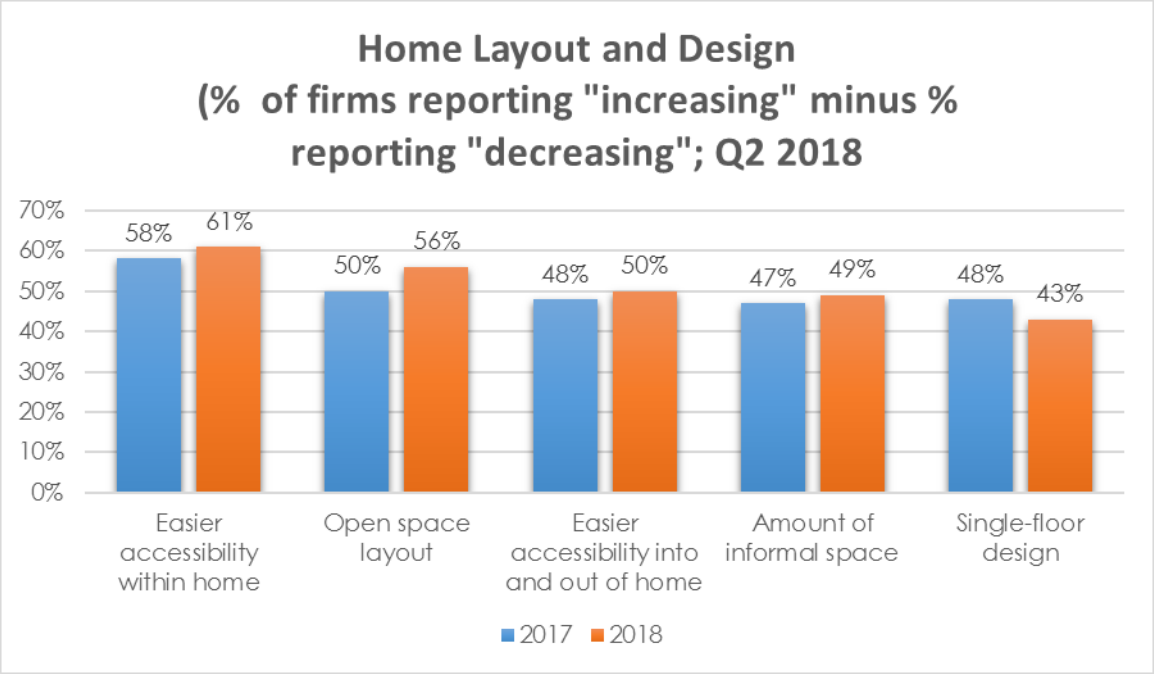
The new organization aims "to educate people about ageism and help dismantle it."

And you'll find a tremendous array of materials – tools, books, blogs, exercises, and videos – designed to help people, communities, workplaces, and organizations understand ageism and the harm it does, as well as combat it. Learn more: https://bit.ly/2NkuEFY.

## Accessibility Features Get More Popular

According to the American Institute of Architects' AIA Home Design Trends Survey results for Q2 2018, home accessibility features are getting more popular.

And that could be a good thing for the future of aging in place. Learn more at: https://bit.ly/2QBlHpD.




## Tai Chi and Preventing Falls

You've done everything possible – corralled wires, installed grab bars, secured area rugs, and cleared away floor clutter-- in your home to prevent falls.

Now it may be time to take further steps by considering exercise and balance.

A recent study shows that practicing Tai Chi (https://mayocl.in/2D5Nzzq), the ancient martial art, is powerful in improving balance and reducing falls in the elderly.

Tai Chi reduced falls by 58 percent, compared with stretching alone and by 31% compared with a multimodal exercise intervention, according to "Tai Ji Quan: Moving for Better Balance (https://bit.ly/2NHul20)."

Learn more about Tai Chi and find classes and groups in your community. See:

The Harvard Gazette: https://bit.ly/2MEDhG4

Time: https://ti.me/2eQghbM

American Tai Chi and Qigong Association https://bit.ly/2MGGLYz

American Tai Chi and Qigong Association Class locator: https://bit.ly/2MAEP3X

## Nature and the End of Life

No one wants to contemplate the end of life.

But if you're interested in one view of how making dying less clinical and how embracing the power of nature can ease the anguish of those last days, read the short opinion piece "In Life's Last Moments, Open a Window" in the *New York Times*.

The writer, Rachel Clarke, specializes in palliative care with Britain's National Health Service, and shares the benefits of providing patients access to the views and sounds of the natural world. See: https://nyti.ms/2wReyt9

## Revisiting Vanished Sounds

Remember the sound of a manual typewriter? An adding machine? The whoosh of an old-school dial phone?

If you're nostalgic for those old sounds and long to hear them again, Conserve the Sound has you covered. The online museum is dedicated to preserving sounds that are gone from our daily lives.

The site is organized in a way that allows you easily hunt for the sounds you miss, and its categories include decades, computers, office, and so forth.

Remember the clicks of a View master? Hear it here: https://bit.ly/2QDyHew. A shaver (https://bit.ly/2NRpFvC)? A Polaroid Camera (https://bit.ly/2QC5wIA)?

Visit Conserve the Sound (https://bit.ly/2QC5wIA) and hunt for your favorite long-gone noise.

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