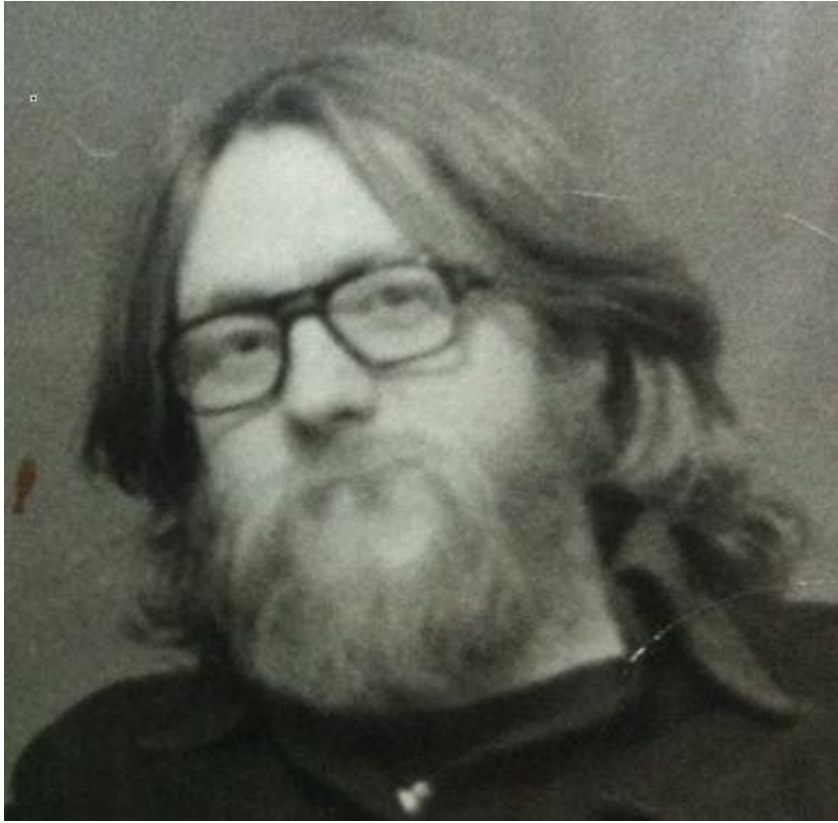


# An Intimate Look at Aging

**A 75-Year-Old GMHS Talks about His Journey in Aging**

**"How old would you be if you didn't know how old you are?"  
Satchel Paige**



**1973 age 25**



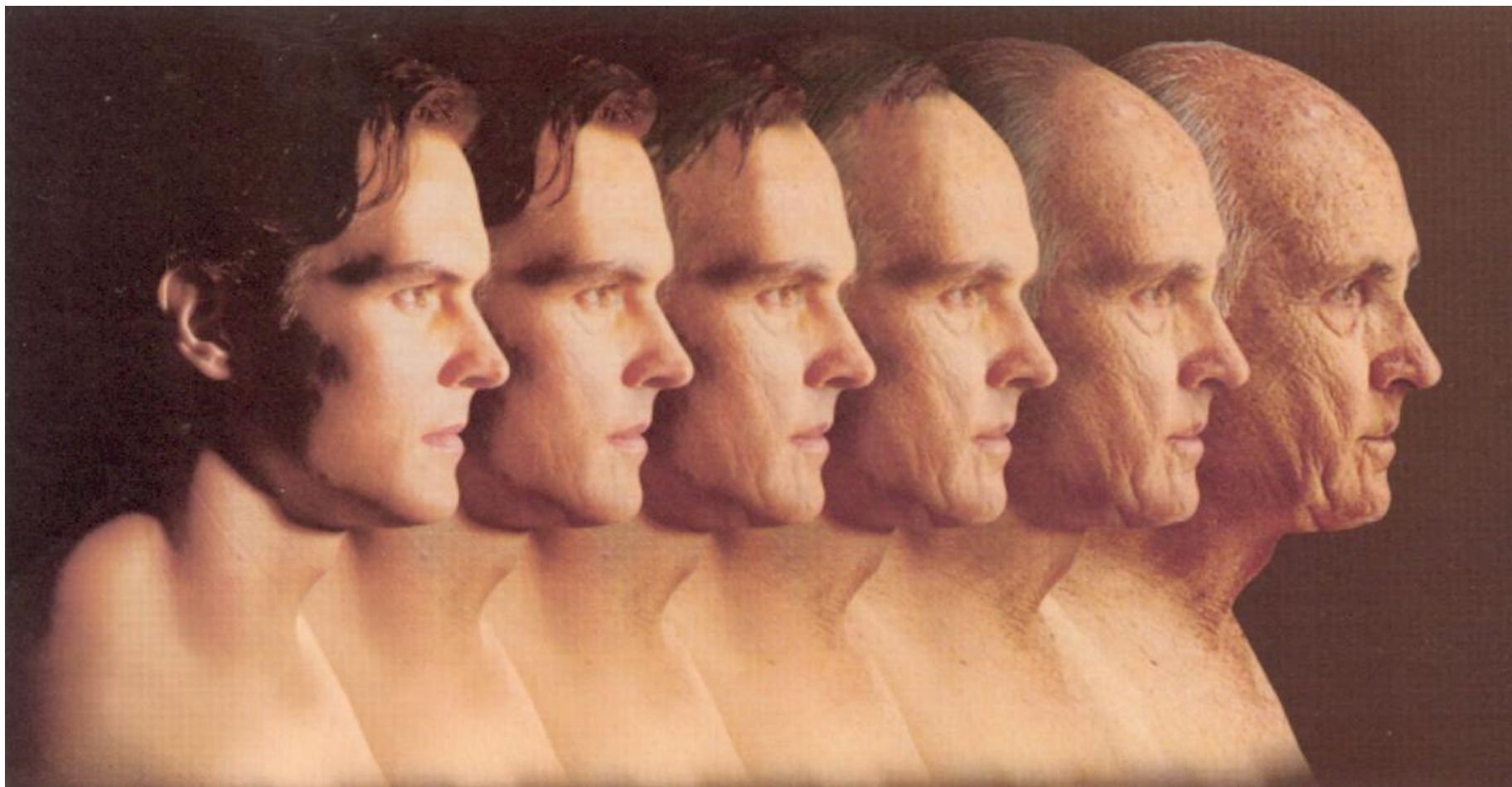
**2021 age 73**

# Goals

- 1. To get to know me: who I am, how I got here, and what it is like for me to be here
- 2. To help you better appreciate who your clients are and how they got to where they are
- 3. To help you better understand and be with your clients

**OK Boomer**

# You Can Get There From Here





?

Probably  
Not Important



# Ages and Stages

- Over 65
  - Integrity V Despair
  - Wisdom
- Life Review – “Did it all make sense?”



# A brief-ish, we hope, history

**Street Fighting Man,  
We Gotta Get Out Of This Place,  
Travelin' Man,  
O Canada,  
Girl From The North Country,  
Louie Louie,  
Teach Your Children,  
50 Ways to Leave Your Lover,  
Hiroshima Mon Amour,  
That's How Strong My Love Is,  
Still Crazy After All These Years,  
Street Fighting Man**

**Spotify:** <https://open.spotify.com/playlist/6X2ynpAmRLGX5ME4lvCe1p>

# Another brief, we hope, history

- JP
  - Watertown
  - Running
  - Alaska
  - OB
  - Calgary
  - Wife & Children
- ▶ Enviros
  - ▶ Seattle
  - ▶ SU
  - ▶ Navos
  - ▶ Seiko
  - ▶ Retirement & Climbing

Sadly, I'm not a picture taker



**Video Will Play Here**

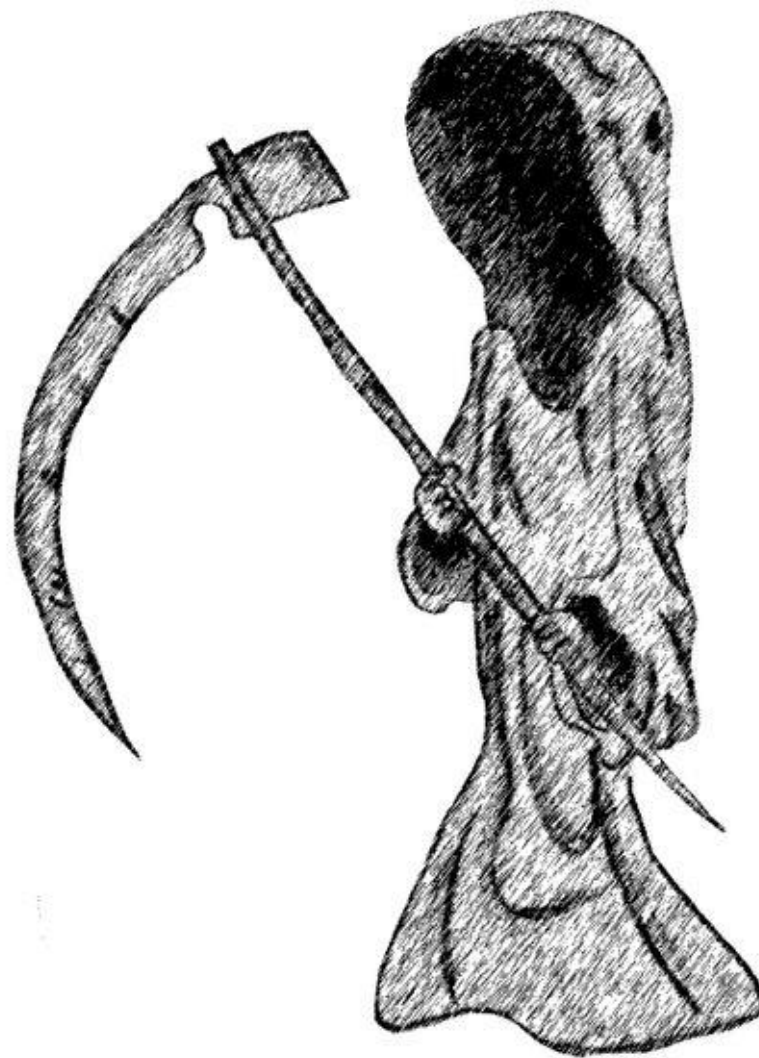
# Stories About My Clients

- If you didn't know how old you are, how old would you be?
- Clients: "What should I know about you?"
- Back to Ken: History, cognition, someone to be there for me

# Normal Aging

- Insidious
- Neurological – brain, balance, reaction, sleep
- Sensory – hear, see, smell, taste, touch
- Cardio Vascular – atrophy, less O2 utilization, BP
- Respiratory
- GI
- Sexual
- It goes on and on

# Death



# Multiple Medical Issues



“From my cold  
dead hands.”

Charlton  
Heston







# “Old Friends” by

Tracy  
Kidder

德

Virtue Gained Through Aging

# Questions & Comments