



Caravan

THE NEWSLETTER OF THE REFRAMING AGING INITIATIVE

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.

Climb aboard the Caravan! For the latest news and updates, follow us on [Twitter](#)



News + Articles

'I WAS THRILLED TO LEARN A NEW WAY TO TALK ABOUT AGING'

Helen Fernandez, MD, Professor of Geriatrics, Palliative Medicine, and Medical Education at Icahn School of Medicine at Mount Sinai in New York City, shares with our readers why she went through training to become a Reframing Aging Facilitator, and how health care professionals can learn to communicate more effectively with patients, caregivers, colleagues, hospital administrators, and community members.



[Read the interview.](#)

LEADING AGE, N4A JOIN LAO

We'd like to welcome the National Association of Area Agencies on Aging (**N4A**) and **LeadingAge** as the newest members of the Leaders of Aging Organizations (LAO), the multi-organization collaborative responsible for initiating and implementing the Reframing Aging Initiative. GSA now serves as the operational "home" to the **Reframing Aging Initiative**. N4A represents America's national network of 622 Area Agencies on Aging (AAAs) and provides a voice in the nation's capital for the more than 250 Title VI Native American aging programs. LeadingAge has more than 5,000 members and partners, including not-for-profit organizations representing the entire field of aging services, 38 state partners, hundreds of businesses, consumer groups, foundations and research partners. The organization is focused on education, advocacy, and applied research.

WELCOMING SALSA TO RAI

The **Reframing Aging Initiative** (RAI) is pleased to welcome the San Antonio Area Foundation called Successfully Aging and Living in San Antonio (**SALSA**), as our newest member! SALSA includes more than 30 organizations and over 80 individuals, with representatives from the business community, local government, and the social sector. SALSA's mission is "to transform our community by advancing practices and policies that improve the quality of life of older adults in Bexar County, (Texas), especially those most vulnerable." RAI now supports members in Colorado, Massachusetts, New Hampshire, and Texas.



Twenty people from San Antonio area organizations and agencies, including Jane Paccione, managing director of collective impact for SALSA, recently completed a five-session facilitator training that was conducted online over the course of four weeks. The facilitator training, led by our partner **FrameWorks Institute** and RAI, followed a series of workshops earlier in the summer that introduced the reframing aging principles and tools to the participants in order to prepare them for the facilitator training this Fall.

REFRAMING AGING AT THE GSA 2020 ANNUAL SCIENTIFIC MEETING ONLINE

The **GSA 2020 Annual Scientific Meeting Online**, to be held Nov. 4-7, is a celebration of GSA's 75th Anniversary, as reflected in this year's theme: "Turning 75: Why Age Matters." Highlights include:

- **The Science of Ageism: Two Steps Forward, One Step Back** — Wednesday, November 4, 12:45 to 1:30 p.m.
- **Reframing Aging in Contemporary Politics** — Wednesday, November 4, 3:45 – 4:30 p.m.
- **Age Matters: The Impact of Ageism on Health, Cognitive Impairment, Work Lives, and Anti-Ageist Interventions** — Thursday, November 5, 1:45 to 2:30 p.m.
- **The Impact of Ageism on Health and Efforts to Address It through Reframing Aging** — Saturday, November 7, 12:45 – 1:15 p.m.

If you haven't already, [Register Now](#) to gain access to 75 streaming symposia, more than 250 on-demand symposia, 450 on-demand paper presentations, 1,500 posters, live discussions with every presenter, and outstanding networking opportunities. [Learn more.](#)

What We're Reading

HOW RUTH BADER GINSBURG CHALLENGED AGEISM

U.S. Supreme Court Justice Ruth Bader Ginsburg, who died in September, challenged age discrimination and became a role model who defied ageism and gendered ageism, writes Sheri Levy, PhD, in [Psychology Today](#).

LIFETIME EXPERIENCES HELP OLDER ADULTS BUILD RESILIENCE TO PANDEMIC TRAUMA

New research showing the psychological resilience of older adults during the COVID-19 pandemic counters the prevalent ageist stereotypes that older adults as a group are frail, disabled, and dependent. Read Judith Graham's article on [Kaiser Health News](#) for a more complete and balanced perspective than this issue often receives.

WHEN IT COMES TO IMAGES, LET'S NOT CROP FRAIL OLDER ADULTS OUT OF THE FRAME

In case you missed it, Nancy E. Lundebjerg's [thoughtful editorial](#) on how we choose to depict older adults—first published last year before we started the Caravan newsletter—is well worth reading. Lundebjerg, CEO of the **American Geriatrics Society (AGS)**, makes the case that the aging field needs to keep "the pendulum from swinging so far toward images of older adults who are free of obvious physical disabilities that we unintentionally 'otherize' frail older people by taking them out of the picture." Read [When It Comes to Images, Let's Not Crop Frail Older Adults Out of the Frame](#), published by the Journal of the American Geriatrics Society.

REFRAMING AGING IN CONTEMPORARY POLITICS

Rather than fall into the trap of characterizing all older people as vulnerable and frail, Trish D'Antonio of the Reframing Aging Initiative points out in her [blog](#) that it would be better for politicians to emphasize the diversity and range of health conditions among all age groups and the benefit of a community approach to safety. [Read her blog published by the Oxford University Press.](#)

Resources

AGEISM FIRST AID

A 3-module, online course for people in the health and helping professions designed to help change the common negative misconceptions and myths about aging by replacing them with facts that should be common knowledge.

[Learn more.](#)

DISRUPT AGING CLASSROOM

This interactive curriculum led by trained AARP volunteers challenges students' views on aging and shows why understanding the growing aging population is relevant to future careers and lives. It's delivered in college classrooms and evaluated to measure what students learned and any impact on their aging perceptions.

Watch a [video promo](#) to learn more.



The Reframing Aging Initiative 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](#), with additional support from [New Hampshire Endowment for Health](#), [NextFifty Initiative](#), [Rose Community Foundation](#), [San Antonio Area Foundation](#), and [Tufts Health Plan Foundation](#).



1220 L St NW #901, Washington, DC 20005
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