

In this issue, we will explore with you views on ageing from various sources.

Views on Ageing by George Carlin

Do you realize that the only time in our lives when we like to get old is when we're kids?

If you're less than 10 years old, you're so excited about ageing that you think in fractions. "How old are you?" "I'm four and a half!" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead. "How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're going to be 16!

And then the greatest day of your life . . . you become 21. Even the words sound like a ceremony . . . YOU BECOME 21! YES!

But then you turn 30. Ooohh, what happened there? Turning sour... like bad milk? He TURNED; we had to throw him out. There's no fun now, you're just a sour-dumpling.

What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away.

Before you know it, you REACH 50 . . . and your dreams are gone. But wait! You MAKE it to 60. You didn't think you would!

So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60.

You've built up so much speed that you HIT 70! After that it's a day-by-day thing; you HIT Wednesday! You get into your 80s and every day is a complete cycle; you HIT lunch; you TURN 4:30; you REACH bedtime.

And it doesn't end there. Into the 90s, you start going backwards; "I was JUST 92." Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!"

May you all make it to a healthy 100 and a half! 

HOW TO STAY YOUNG ?

Write down your personal thoughts on how to stay young and compare with the author's suggestions in page 3 and see whether they match!

Announcement

♥ 7th Global Conference - International Federation on Ageing

GLOBAL AGEING – SUSTAINING DEVELOPMENT

Date : 4 -7 Sept 2004

Venue : Singapore International Convention and Exhibition Centre, Suntec City

Please visit : <http://www.7ifaconference.com/> for more details.

♥ GS Annual General Meeting

Date : 21 Aug 2004 • **Venue** : York Hotel • **Time** : 2.00 - 5.00 pm

Programme:

2.00 pm Registration

2.30 pm AGM

3.15 pm **Motivational Interview** by Dr. Audrey Tan

4.00 pm High Tea Reception

Motivational Interviewing: Brief on Presentation

People change in many different ways and for various reasons. Some people seem "stuck" and unable to change. **Motivational Interviewing** is an approach designed to help people build commitment and reach a decision to change. Although this approach is used by professionals like counsellors, psychologists, social workers, physicians and nurses especially in the area of addictive behaviours, the principles can be applicable with a wide range of problem areas and may be useful for the lay person as well. This talk will cover the general principles of **Motivational Interviewing**, the effective motivational approaches, the non-motivational traps and how to deal with resistance.

ABOUT OUR SPEAKER:- DR. AUDREY TAN

Dr Audrey Tan graduated as a medical doctor from NUS and has a masters in health promotion from the University of Edinburgh. She has been in this field of health promotion for more than 15 years and her area of interest is in health behaviour change and lifestyle intervention programmes. She learnt about this technique of **Motivational Interviewing** when she was attached to the Loma Linda University Medical Centre in California under the Ministry of Health's training programme in the late 1990's. Since then, she has been giving talks and conducting training sessions to introduce this technique to health professionals like nurses and dietitians.



*Our Deepest Sympathy & Heartfelt Condolences to
Dr Kalyani Mehta and family on the demise of her
beloved mother-in-law.*

From: President and Council Members



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