



AGEING WELL: IS THE BEST YET TO BE?

10TH HENRY LIM LECTURE

GERONTOLOGY SOCIETY CONFERENCE 2019

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RABBI BEN EZRA (1864)

► Grow old along with me!

The best is yet to be,

The last of life, for which the first was made:

Our times are in His hand

Who saith "A whole I planned,

Youth shows but half; trust God: see all, nor be
afraid!"

Robert Browning

RABBI BEN EZRA –Last Stanza

➤ Amend what flaws may lurk,

What strain o' the stuff, what warpings past the
aim!

My times be in Thy hand!

Perfect the cup as planned!

Let age approve of youth, and death complete
the same!

The World is Getting Older



2015

2050

Percentage aged 60 years or older:
■ 30% or more
■ 10 to <30%

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1. ACCEPTANCE

- “Acceptance of one's life has nothing to do with resignation; it does not mean running away from the struggle. On the contrary, it means accepting it as it comes, with all the handicaps of heredity, of suffering, of psychological complexes and injustices.”

Paul Tournier



2. GRANDING

- ▶ “Nobody can do for little children what grandparents do. Grandparents sort of sprinkle stardust over the lives of little children.”

Alex Haley



3. EMPOWERING

- ▶ “There's always competition in the world, but you don't have to be enemies. You can empower each other.”

Justine Skye



4. INSPIRING

- “When you are living the best version of yourself, you inspire others to live the best versions of themselves.”

Steve Maraboli

- “Inspire till I expire.”



5. NINCOMPOOPERY

➡ “Life is really simple. But we insist on making it complicated.”

Confucius.



6. GRACIOUSNESS

- “To bear defeat with dignity, to accept criticism with poise, to receive honours with humility - these are marks of maturity and graciousness.”

William Arthur Ward



7. WISDOM

- “Wisdom is not a product of schooling but of the lifelong attempt to acquire it.” Albert Einstein
- “Time, as it grows old, teaches all things.” Aeschylus



8. ENDURANCE

- “Winning isn't about finishing in first place. It isn't about beating the others. It is about overcoming yourself. Overcoming your body, your limitations, and your fears. Winning means surpassing yourself and turning your dreams into reality.”

Kilian Jornet, *Córrer o Morir*



9. LIFELONG LEARNING

- “We now accept the fact that learning is a lifelong process of keeping abreast of change.”

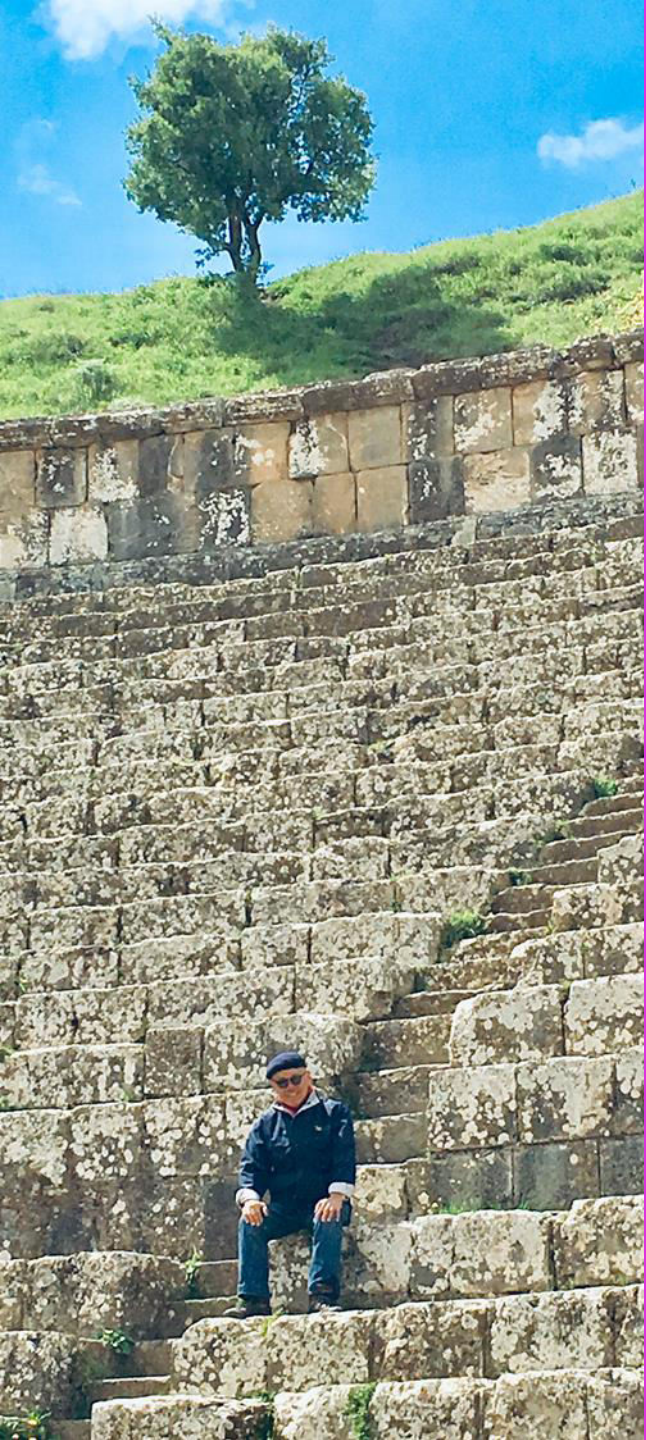
Peter Drucker.



10. LOVE


- “The most important thing in life is to learn how to give out love, and to let it come in.”

Morrie Schwartz



JANE FONDA: LIFE IS A STAIRCASE

- ▶ “The old paradigm was: You're born, you peak at midlife, and then you decline into decrepitude. Looking at aging as ascending a staircase, you gain well-being, spirit, soul, wisdom, the ability to be truly intimate and a life with intention.”

A romantic couple, a man and a woman, are shown in profile, facing each other and about to kiss. The man is on the left, and the woman is on the right. The background is a soft, neutral color.

**GROW OLD WITH ME!
THE BEST IS YET TO
BE.**

ROBERT BROWNING

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Thank You!

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