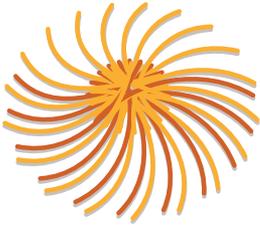


Good for Us!



LIVING TO
100.
CLUB

9 *Principles
to Create
a Positive
Frame of
Mind as We Age*

Member Handbook
2018

Living to 100

Member

Handbook

9 *Principles to Create a Positive Frame of Mind as We Age*



INTRODUCTION

The Living to 100 Club is the creation of Dr. Joe Casciani, a psychologist, who has specialized in older adult care for over 30 years, including writing, public speaking, and providing training and support for scores of mental health professionals working in his professional corporations. His experience in geropsychology has taught him many things:

- Age is only a number and doesn't say very much about what we should or shouldn't be like;
- Older adults face many challenges, both normal, age-related changes, as well as unexpected problems and setbacks, both physical and mental;
- Proper medical care is essential, but we also know that our mental outlook – what we see in our future – has a huge impact on how well we manage these problems;
- How we interpret or explain these life events can often color our ability to overcome them -- or not;
- And, we all have a vast reservoir of energy and creative spirit inside, sometimes untapped. It explains how people can often accomplish things that no one

thought possible. When we can tap this internal energy, dig deep, and re-define ourselves as strong, resilient, and capable, we can take on a new challenge with a drive and determination that we didn't know we had.

WHY A LIVING TO 100 CLUB?

The Living to 100 Club is for everyone who won't be slowed down in their advancing years, and want to take control of their own future, regardless of their health status. The resources we're using to create this perspective:

- The Club Blog
- Member Handbook
- Newsletters
- Club Video
- Store Products

Collectively, these resources announce one mission: encourage our Members to commit to moving forward no matter how many bumps encountered along the way, commit to enjoying our advancing years to the fullest, and indulging in items that keep us at our peak, and add some comfort to our daily living.

There are no dues, or meetings, or even a place to hang-out. This Club is open to anyone who plans on living to 100, and anyone who wants to remove all the negative mental clutter, who believes in a positive, energizing future, and who believes in himself.

THE CLUB STORE

The Club Store features over 70 products that have been hand-selected to complement the mission of the Club, whether to encourage an active lifestyle, to keep us mentally and physically fit, to add a little comfort to our daily living, or help with personal care and safety.

After all, Living to 100 is a frame of mind, a mindset, a metaphor for pushing ahead and maintaining a positive outlook about ourselves and our future. And our products make this a little easier, at all levels. Shop the store for the best tools and products to assist seniors in independent living. Our products speak to the young at heart

and the young at mind. We're turning aging on its head!

THIS HANDBOOK

This Handbook is our guide to creating and maintaining this positive frame of mind.

The principles on the following pages help the reader to examine our usual thinking patterns about aging and encourage us to consider a different perspective on what we can accomplish and what we can expect of ourselves. **This is no time to sit back and muse "what will be will be" – it's time to re-define ourselves as strong and capable, and to shape our future as much as we can.**

Throughout the Handbook, some of the phrasing is in the first person, as in what "I" as a Club Member believe, think, and feel. We can see these as Club tenets or values that we hold as we face the future. If we take chronological age out of the equation, and just set a goal to "live to 100," this is the outlook we aspire to. **That's the goal.**



Join the Club, where Members are turning aging on its head.

Contents

- INTRODUCTION **3**
- WHY A LIVING TO 100 CLUB? **3**
- THE CLUB STORE **4**
- THIS HANDBOOK **4**
- 1** HOW DO I START A NEW CHAPTER IN MY LIFE? **6**
- 2** WHAT CAN I CONTROL? **7**
- 3** WHAT COLOR IS YOUR SETBACK? **8**
- 4** WHERE CAN DETERMINATION TAKE US? **9**
- 5** HOW ONE EXCEPTION CAN LIFT OUR DEPRESSION **10**
- 6** I AM NOT DEFINED BY MY BODY. **11**
- 7** LIVING TO 100 MEANS STEPPING OUT OF OUR COMFORT ZONE **12**
- 8** PROJECTING A NEW IMAGE ON A BLANK SCREEN **12**
- 9** WHY WORRYING GETS IN THE WAY **14**
- Mini-Biography **15**
- RESOURCES **16**
- Club Theme Song **17**
- Newsletter **17**
- Sign up for our mailing list and receive updates on new outlooks and new items in our store: **17**
- I'd Like to Add My Name to Your e-Mail List **17**

1 HOW DO I START A NEW CHAPTER IN MY LIFE?

Sometimes, it's helpful to look back at our lives and see a series of chapters unfolding. These are not necessarily developmental stages, like childhood, young adulthood and old age, but rather a succession of events or milestones that mark our journey, like graduation, marriage, birth of children, promotions, retirement, death of a spouse, and on and on. These milestones serve as chapters in our life story.

With each new milestone, we must look at starting a new chapter, whether intended or not, whether pleasant or not, and whether liberating or not. Situations like downsizing to a smaller home, a divorce, giving up the car keys, having a stroke or heart attack, or experiencing the death of a spouse require us to start a new chapter in our story. This is sometimes referred to as re-storying (see *Restorying Our Lives*), where we look back at our life stories, and ahead to our future, and

"write" some new pages about how we have to take a new and different look at ourselves.

How can we go on after losing our spouse of 55 years? Many



Men's walking shoe, waterproof and breathable
And then, we can decide to start a new chapter

do not want to go on – it's just too painful, too lonely, and too dark facing the future alone. Of course, much time is needed to grieve and mourn this loss. And, then, we can decide to start a new chapter, continuing our odyssey now as a widow or widower, and start to re-define our self as someone who took an unexpected sharp turn and survived to live longer and stay positive even in the face of challenge and loss.



2 WHAT CAN I CONTROL?

We can recommend the same to someone whose stroke left him unable to use his left arm and leg, with the new task of re-defining himself as someone whose body is not cooperating but whose mind, or self, or consciousness, or whatever we want to call it, is just as strong and vibrant as ever, and still able to move forward. The beauty is that we are now writing the script, taking on a new role in this next act, and creating whatever type of character we want to play.

This mindset also allows us to venture into new areas for work and leisure. Why not take classes in a new subject area – in person or online – and develop new skills, a new network of similar-minded individuals, and a new purpose. Ken Dychtwald and his organization, Age Wave, has written and researched this topic for decades, and offers inspiration and insights on his website.

Living longer is about attitude and outlook and staying positive even when things get in the way.

I understand that I cannot control most things, but I can control my thoughts and feelings. How I interpret an event – a comment, a facial expression – impacts how I think and how I feel. As the Roman philosopher, Epictetus, said, “We are disturbed not by events, but by the views we take of these events.”

If we drill down on this question, we can see that there are many things that we have no control over, like the weather or when the sun sets. Some things



Money clip with magnetic clip for bills and cards
Pick our battles, as they say, and go after what we can shape and influence

we have partial control over, like the balance in our bank

account, or shooting 75 in a round of golf. And, some things we have complete control over like our thoughts, our values and principles, and the goals we set for our self. Of course, it's pointless to fret over the first; controlling the amount of rainfall is not possible. Though perhaps we can and should take steps to reduce the impact of those things we can't control – steps like water conservation – worrying about these things without taking preventive steps drains our energy and takes us away from more productive things. We can impact the second set of events, somewhat, those we have some control over. But, what we should spend most time on is the third group, those things we can fully control.

Even smiles, which are fully under our control, can lead to living longer. A study of professional baseball players who began their careers before 1950, found that, after rating the intensity of players' smiles in a sample of 230 photos, those with bigger smiles in their photos lived an average of 7

years longer than those with no smiles (see Life span may be as wide as your smile).

It's best to be aware of our thoughts and feelings and goals and principles, those things that we can control, and not stressing over what we have no say over. Pick our battles, as they say, and go after what we can shape and influence. There will always be negative, unpleasant events, things out of our control, and discerning the difference leaves us with the energy to win the battles we do take on.

3 WHAT COLOR IS YOUR SETBACK?

I am aging, every day. As I age, I face challenges that are both normal and age-related as well as unexpected physical and mental setbacks. How I view my future has a major impact on how well I manage these challenges.

We can label this setback as just another sign of getting older, or we can say, Another bump in the road, and I can



get around this one, too. There will always be bumps – no road is paved smooth all the way. Roads are built with bumps. If we interpret these as just part of the journey and see ourselves as capable and determined to move on, we find a way and we move on. On the other hand, if we say, Oh, another setback, another surgery, another friend's death, another broken waterpipe, I don't think



Smart pillbox with alarm.

How I view my future has a major impact on how well I manage these challenges

I can handle another one, that's when we lose our momentum and slow down, and maybe pull off the road.

The adage "Is the glass half empty or half full?" makes the same argument. Four ounces of

water in an eight-ounce glass is the same no matter what we call it – person A says it's half full and person B says it's half empty. But they're both looking at the same glass of water. Person A says the stroke is something to adjust to and move on, and person B says this changes my life forever and nothing will be the same. They're both looking at the same event.

How we interpret or explain an event to ourselves will color how successfully we adapt to it.

4 WHERE CAN DETERMINATION TAKE US?

I believe I have a vast reservoir of energy and creative spirit inside, sometimes untapped, and when I dig deep to tap this reservoir of energy, I can re-define myself as strong, resilient, and capable.

Each time we dig deep and accomplish something we didn't think we were capable of, it builds our confidence and keeps the momentum flowing. Sometimes, we're really stunned with that success.

- I never thought I could take 10 steps



Decorative flower shelf and plant rack
The best part is that there's more where that came from

after my stroke, but I did.

- I never thought I could finish writing that chapter, it was the hardest one yet.
- I never thought I could make that phone call to my daughter, after not talking for so many months.
- I never thought I could give up my car keys – driving always was my lifeline – after getting lost too many times.

- I never thought I could talk with my neighbor again after what he said about my family.

A single step is so hard but we try and we succeed. But, the best part is that there's more where that came from. Whatever it took to take those extra steps, or make that call, or change an opinion, there's more of that determination and fire inside us, to take on more battles. There's no end to it. Not just a single, major accomplishment, but a succession of many more available.

5 HOW ONE EXCEPTION CAN LIFT OUR DEPRESSION

Depression affects us in many ways and one thing it does well is narrow our perspective. When someone is depressed, all he sees are the wrongs, the failures, the disappointments, everything that has gone wrong. Depression blocks our vision and limits us from seeing the whole picture. It's as if it acts as a filter that only lets in the bad, and screens out the good.



To remove the filter, we need to find the exceptions, even a single exception that something – one thing – has gone right. The food tastes terrible here in this facility, the nurses don't take care of me, and I'm just worthless to everyone – there's nothing good about this place. Can you find one exception – someone who is different from the rest, one meal that you do look forward to, or one bright spot about being here?



Artificial tulip bouquet

The exceptions can lead to a change in our perceptions

Once the exception is found, there is something to build on. Just as someone only sees her physical decline, the arthritis, the vision and hearing problems, the difficulty sleeping, we look for the strengths, what are referred to as “residual

strengths”, those things that are still intact and we are still good at.

The exceptions that can be identified can lead the way to a change in our perceptions and removing the negative filters so we can see a more complete, whole picture.

Often, depression can seem like a vacuum, pulling us back into a deep hole of darkness and void, and no matter how hard we try to pull away, we fall back into the same hole. Of course, there are other, perhaps more clinical ways to describe the process of becoming depressed, but this visualization helps many people. And, forcing ourselves to not yield to retreating to this dark place, and resisting the pull backward is the way we can overcome it. Resisting that pull backward, seeking the positives that lie ahead, and setting a goal that pulls us forward can make all the difference.

Just like only seeing dark clouds when we're depressed, we can understand that there is always a blue sky above the

clouds. Allowing a little blue to poke through the gray skies is the same as seeing the exception to the dark clouds. And eventually our depression goes the way of the dark clouds, and we see more of the blue sky than we did before.

6 I AM NOT DEFINED BY MY BODY

I am the captain of my ship.

My body is the ship, and when I try to steer, this body sometimes cooperates and sometimes it doesn't. As the captain, I have value and worth, regardless of how sick my body is, or how



Shower bench

When we face failure or losses, our worth does not drop

impaired it is from chronic illness, a stroke, or amputation,

or mental decline. I am not defined by my body.

I started calling one client Captain while helping her feel more in control and more in charge after a stroke. I once asked her how her week was. She replied that her ship ran aground, and she fell while trying to walk. So we turn the ship around and try again.

It is very easy to tie our value and our worth to our well-being, our successes, or our health. This is a trap because when we face failure or losses, or have sharp physical declines, our worth does not drop. Our worth is intrinsic to being a living being, and is not based on what we can do or can't do, or what we have and do not have. It's the same trap that children face when adults tie their worth and esteem to their achievements. Do we lose all self-esteem when we fail a class or get passed over for that promotion – of course not.

When we understand that our worth and value as a person are not diminished by external



events or by internal events for that matter, we can remain forever positive about ourselves, and we can help others believe the same about themselves.

7 LIVING TO 100 MEANS STEPPING OUT OF OUR COMFORT ZONE

Being unpredictable adds excitement. *I like to occasionally*



Drum set: 7 pad electronic drum kit
Stepping out of the comfort zone keeps us alert and open

step out of my comfort zone – in what I say, what I do, and even what I wear – because it triggers different reactions from family, co-workers, and friends, and opens a world of new social interactions and opportunity.

As we know, our comfort zone is that familiar, comfortable place where we feel safe and secure, where others see us act and speak in a consistent and predictable way. Stepping out of that comfort zone triggers comments, like “Why is he acting so strange – is he on something?” Or, “That was an unusual thing for you to say.” Being predictable keeps the anxiety down for our self and for others around us. Why unnecessarily create uneasiness?

In his book, “Breaking the Habit of Being Yourself,” Dr. Joe Dispenza explains how shifting away from our usual behavior patterns into unknown territory creates new and exciting opportunities in our life odyssey, as we develop new relationships, enjoy new experiences and elicit different reactions from those closest to us that, in turn, open more new doors. Do we take drum lessons when we never had any musical interest before, do we go out to dinner with neighbors that previously would be greeted with a casual wave hello, or do we volunteer

at a community agency that we never aligned with in our past?

Predictable is safe. Routine is safe. Stepping out of the comfort zone, however, keeps us alert and open to new possibilities. And new possibilities provide endless sources of energy, drive, and spirit.

8 PROJECTING A NEW IMAGE ON A BLANK SCREEN

There is beauty in being open to a new, positive future. I can create a new definition of myself, as I want it to be, and am not stuck with how I defined myself yesterday. Our self-definition is a mental construction, and like any construction, it can be remodeled.

There is the story of Steve Jobs, the creator of Apple, who was given up for adoption by his birth parents. When he found out about this at a young age, he felt totally worthless, and was sure he would never accomplish anything because he was unwanted even by his biological mother and father.

Negative self-talk: I'm not worthy of others, I'm just empty and unlovable. But, his adoptive parents explained to him that he was the most beautiful and smartest person in the world, even as a child, and that was why they adopted him.

Positive self-talk: maybe I am lovable and capable and maybe I have some value as a person after all. After that conversation with his adoptive parents, Steve Jobs re-defined himself.



Gold diamond necktie for men or women
Why not let the positive spirit create the new self-image

The definition was new, but he was the same young adult who had once had such a negative self-image and now had turned this image into a positive one. He hadn't changed, there were no new skills or talents be-



stowed on him by the couple who adopted him. It was simply his mental construction of himself that changed, only the self-talk that was going on in his head.

Our self-talk can be as pessimistic, or as aspirational as Steve Jobs' self-talk became before and after his heart-to-heart with his parents. We are not defined by who we were in the past, or what we believed in the past. Instead, we can create our own self-definition, re-shape our identity and sharpen our ability to face daily challenges. If we were discouraged by failure and disappointment in the past, we don't have to be discouraged in the same way in the months and years ahead. Don't let yesterday define who you are today.

Here's another perspective to digging deep and finding new dimensions to our self that we never saw before. The famous Renaissance architect, painter, and sculptor, Michelangelo Buonarroti, was highly esteemed for his statues, created from blocks of marble and

granite. He has been described as one of the greatest artists of all time. In fact, he sculpted two of his best-known works, the Pieta and the statue David, before the age of 30. Born in 1475 and dying in 1564 at the age of 88, he was admired for his *terribilita*, what his contemporaries referred to as his ability to instill a sense of awe in his works.

Many of Michelangelo's quotes are memorable. Two that stand out are attributed to him about his work. Michelangelo was once asked how he could create such breathtaking, beautiful works of art from a block of stone. His reply: Every block of stone has a statue inside it, and it is the task of the sculptor to discover it. And another quote, in an affirmation of his *terribilita*, he also once commented, I saw the angel in the marble and carved until I set him free.

So much that goes on in our head can have a negative influence on how we face the future. We have a blank screen to project our new image, or a new block of marble to create a new

identity, adding all the features, and attitudes, and character that we want. Why not let the positive spirit, optimism, and energy create the lines of this new self-image?

9 WHY WORRYING GETS IN THE WAY

Worry is unpleasant but can also be soothing, and a good, familiar friend. We like to keep it around. Some believe it helps to cope with problems and can



Yoga figurine and jewelry holder
recognizing the importance of being in the moment

help us prepare for the worst. Worry is also “borrowing trouble from the future”. It usually starts with questions about the future, “What if ... happens?” and our uneasiness about being unable to predict the future. We

like predictability. Sometimes, worry is related to an inability to tolerate uncertainty. Ambiguity is stressful and is viewed as a threat by some people: “I can’t live with not knowing, so I’m going to predict the worst and just dwell on this.” Even though the imagined threat increases our anxiety, it’s something to hold on to and become preoccupied with, like a security blanket we had as children. “I’ve had a series of mini strokes: I know I’ll have another, I might as well accept it and get prepared for it.” *Awfulizing* is another way to describe this pattern: “My future looks awful; everything I see is awful.”

We don’t know for sure what’s going to happen and when imagining the worst, and predicting calamity or catastrophe, this mindset generally results in a reduced quality of life. Despite how soothing it can be, we know that worrying helps no one, it drains energy away from being more productive, and it interferes with planning for our tomorrows. It interferes with problem solving and decision-making. “What’s the use



– I know I’m going to lose my vision anyway.”

We need to accept a certain amount of uncertainty and ambiguity in our lives. Explore the works of those who believe in the Law of Attraction, and one of its tenets: “What we think about, we bring about.” Research the many books and articles on how to reduce worry. One common element in these approaches is recognizing the importance of being in the moment, trusting in the goodness of life, and embracing an understanding that things can turn out in any number of ways.

Mini-Biography

The **Living to 100 Club** is the creation of Dr. Joe Casciani, a psychologist who has specialized in older adult care for over 30 years, working as a clinical geropsychologist, a manager of psychology practices, and a developer of mental health programs in nursing homes. He was awarded the first contract from the California Department of Aging in 1982 to develop

a training curriculum for the state’s long-term care facilities on mental health topics. Subsequently, he co-founded a multi-state group practice that eventually contracted with over 900 facilities, in eight states, and oversaw the delivery of services to residents in these settings.

In 2007, he began Concept Healthcare Psychology Group and CoHealth Psychology Services to serve two functions: to provide online education and training for those working with older adults and to continue in the management and delivery of clinical services, in two states. He continues with these practices today.

Dr. Casciani is the co-editor of *Geropsychology and Long Term Care: A Practitioner’s Guide* (Springer, 2008), and author of *The Handbook of Health and Behavior* (Concept Healthcare, 2012). He is a former Board member of the Council of Professional Geropsychology Training Programs and is a Past President of Psychologists in Long Term Care. Dr. Casciani

has presented at several professional association meetings, including the American Society on Aging, American Medical Directors Association, and the American Psychological Association on a range of topics in aging and mental health.

The Living to 100 Club represents the next step in his journey - with a slightly different turn and a touch of e-commerce – of speaking to seniors at all levels about staying positive during our advancing years. It is the author's new voice for delivering insights and inspiration about aging with a positive mindset, no matter how hard the journey, while also curating and sharing products that add comfort and care to our lives. The desire to share these insights and this outlook on aging does not come from seminars or a few years in the field. They are the culmination of the author's decades of experience with seniors and their families, with their paid and unpaid caregivers, as well as his writing and public speaking, and the hundreds of mental health professionals and the

scores of hospitals and long-term care facilities with whom he has worked since the early 1980's.

The Founder of the Living to 100 Club resides in San Diego, California, USA, and can be reached at:

Info@Livingto100.club

RESOURCES

Recommended Eye-openers

How to Break the Habit of

Being Yourself and Becoming
Supernatural – Dr. Joe Dispenza

A Guide to the Good Life; The Ancient
Art of Stoic Joy – William B. Irvine

Waking Up – Over 30 Perspectives on
Spiritual Awakening – Tami Simon,
Founder and Publisher, Sounds
True

The 48 Laws of Power – Robert Green
E Squared: Nine Do-it-Yourself
Energy Experiments that Prove
Your Thoughts Create Your Reality
– Pam Grout

Recommended Websites for Older
Adults

Positive Attitudes about Aging



Preventing Social Isolation in Seniors

Who Live Alone: A Guide for Loved Ones

Lives Well Lived

Depression in Older Adults:

Recognizing the Signs of Elderly Depression and Getting Treatment

Positive Thinking: The Fountain of Health

Healing After a Lifetime of Struggling with Addiction: The Senior's Guide to Reconnecting with Adult Children

Positive Attitude: Tips for Successful Aging

Helping Seniors with Pet Loss

How to Help a Loved One with Alzheimer's Plan Final Arrangements: A Guide for Caregivers

Why Yoga and Meditation Can Benefit Seniors

Placing a Parent in a Nursing Home: How to Make It Easier

Club Theme Song

Forever Young (Slow Version)

Bob Dylan recorded this song as an uplifting message to and prayer for his new son in 1974. The lyrics are fitting for anyone.

Newsletter

Sign up for our mailing list and receive updates on new outlooks and new items in our store.

I'd Like to Add My Name to Your E-Mail List

send requests to:

info9@livingto100.club



☎ 833-LIV-2-100
www.livingto100.club

*products for the active
senior lifestyle*