



Aging Mastery Program®

National Council on Aging

Lebanon County Area Agency on Aging
will be running the **Aging Mastery
Program®** in September!

The **Aging Mastery Program®** (AMP) is a fun, innovative, education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others.

In AMP, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Begins: Sept 11, 2018

Where: Area Agency on Aging

When: Tuesdays, 8:00-10:00am

Limited spots available: Sign up now!

We are currently seeking 20 Lebanon County residents, ages 55+ to participate in the ten-class educational program. Register by **August 31**.

For more information or to register contact Joseph Organtini, 717-273-9262 or jworgantini@lebcnty.org.



Ageing Mastery Program®

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In this program, designed for older adults, aged 55+, participants take 10 classes that combine evidence-informed materials, expert speakers, group discussion, levels of mastery and achievement, and small rewards. All of the courses are designed to provide the skills and tools needed to achieve measurable improvements in managing health, remaining economically secure, and contributing actively in society.

AMP CORE CURRICULUM

Navigating Longer Lives: The Basics of Aging Mastery: Introduction to the program and its philosophy with a special emphasis on the new realities of aging, making the most of the gift of longevity, and taking small steps to improve health, financial well-being, and quality of life.

Exercise and You: Discussion of the importance of exercising both the mind and body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.

Sleep: Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.

Healthy Eating and Hydration: Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.

Financial Fitness: Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.

Medication Management: Best practices covering how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.

Advance Planning: Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.

Healthy Relationships: Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.

Falls Prevention: Overview of the importance of falls prevention among older adults, and strategies to prevent falling.

Community Engagement: Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.



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Aging Mastery Program® Registration Form

The Aging Mastery Program® (AMP) will help you create your own playbook for aging well via actionable goals, sustainable behaviors, peer support, and incentives. The program encourages *mastery*—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

What you will gain from the program:

- ✓ Information to help you make small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- ✓ Real incentives and rewards for taking small steps that can improve your well-being.
- ✓ A chance to meet new friends, provide support and encouragement to your peers, and become more involved in your community.

What the program requires of you:

- ✓ Commitment to attend at least 7 (but hopefully more!) of the 10 ninety-minute classes.
- ✓ Following up after each class with Action Steps specific to that class topic.

PARTICIPANT REGISTRATION INFORMATION

Full Name: _____

Mailing Address: _____

City: _____ State/Province: _____

Zip/Postal Code: _____

Telephone: (____) _____ - _____

Email: _____

Please mail completed form to:

Joseph Organtini, Area Agency on Aging, 710 Maple St., Lebanon, PA 17046 or email to:
jworgantini@lebcnty.org