

"Male Aging: Strategies for Success"



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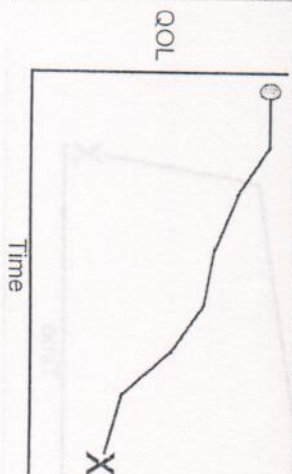
Dr. Wayne Bennett
March, 2019

Gravity Eventually Wins

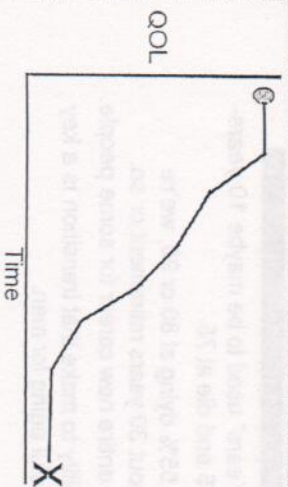
It "Sucks!"

- ### Extended Life Expectancy....
- "Golden Years" used to be maybe 10 years- retire at 65 and die at 75.
 - Now with 55% dying at 80 or 90, we're talking about 30 years retirement or so. That's an entire new career for some people.
 - So the ability to make that transition is a key to successful aging for men.

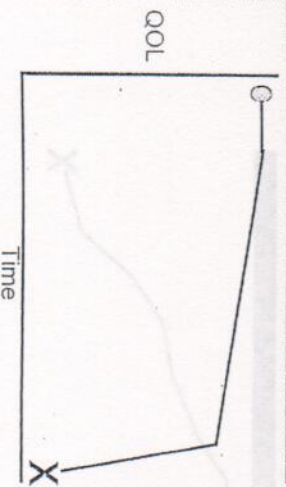
"Squaring Off the Curve"



"Not Squaring Off the Curve"



"Squaring Off the Curve"



Which is it?

Is "Quality of Life" about:

The years in your life?

...or the life in your years?

It's a fact:

When his body deteriorates and performance drops with age, the male is forced to respond to these inadequacies.

It used to be that he held the horses while the younger men killed the bear.

Now he is faced with sitting at home "collecting a pension, watching sports on TV and feeling useless".

Bushido: Samurai Culture



Long Sword: Used to win battles.

Short Sword: To defend self and honor.

The Lone Warrior....

In retirement the typical man finds himself alone on an island without his "long sword".

He is often without his "tribe", his team, his opposition, his "rituals and culture", many of the things by which he has measured his worth in the past.

High percentage of men die a short time after retirement. (More than double.)

- Men's self image and dignity depend on their ability to meet their expectations of themselves.
- Can't compete- Game over- time to check out. Why hang around? Not worth anything, right?

Former strategies no longer work.

- "Long Sword" strategies are now obsolete or irrelevant.
- Time to change strategies!

Options:

- Let your sword get dull and lament that you can't swing it anymore. Decide you're a loser and make your life miserable (along with those around you).
- Understand that the "edge" is a moving target. Physical and mental performance will deteriorate with age.
- If you can't get the thrill of the edge where you used to, find it where you can.

In Other Words....

...learn how to
"sharpen your short sword".

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"Half the game is 90% mental."

Yogi Berra

Attitude drives decisions.

Decisions drive behavior.

Behavior drives Quality of Life.

Quality of Life drives Attitude.....



Basic strategies for maintaining a
sharp short sword.

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0. Lay Down the Long Sword

- It's OK to put it on the mantle
- Stop measuring success, fulfillment and happiness based upon "long sword standards".

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1. Change your expectations.

- Find a new game, and get after it.
- Keep the edge, just keep it on a shorter sword.

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"Shifting Swords"

- Volunteering to help others: 60% drop in risk
 - Mentoring
 - Community service
 - Faith-based
 - Etc.
- "First Love" (art, music, word working, etc.)
- New physical passion/hobby (hiking, etc.)
- Etc.

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2. Long Sword Skill Short Sword Skill

Don't try to drive the golf ball 280 yards.

It takes a whole different set of muscles, and a whole different training regimen to accomplish this new set of skills.

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3. Set goals that empower you to succeed.

You are no longer 10 feet tall and bulletproof.

Define success on new expectations not on "assumed" antiquated ones.

If you don't have success then you won't continue.

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Dictionary: "sissy"

"sissy" noun

"a timid, weak, or cowardly person "

4. Treat your tools with respect- especially your body

- Aging happens
- Less strength
- Less coordination
- Slower recovery time
- Slower metabolism
- Less stamina

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- "Getting Old Ain't For Sissies"

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AMERICA

Ale you gonna finish that?

5. Nutrition is important

- Decreased appetite
- Less availability for good food products
- Less ability to digest
- If you don't embrace this, all the liabilities of aging will worsen.
- If you do, all the liabilities will be decreased.
- "It ain't for sissies"

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6. Be a good general.

- When planning a campaign a good general recognizes that they cannot know everything.
- Take counsel from your team of advisers.
- That team might include others who can advise you on how to achieve success.
- "The physician who treats himself has a fool for a doctor."

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7. Embrace the "Stranger at the Campfire"

- You gotta die from something.
- Don't make it be your reaction to the stranger. (Rx, ETOH, other really bad decisions)
- Denial is a strategy.
- Denial is a REALLY BAD strategy.
- Nietzsche: "That which does not kill you makes you stronger".
- "Look him in the eye".

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8. Get With Life!!!

- Don't give up an inch to "gravity" that you don't have to.
- Stay socially and intellectually engaged.
- Stay in touch with your goals and strategies.
- Maintain relationships.
- Contribute at some level every day.
- Laugh, Pray, Meditate

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Recommended Resources

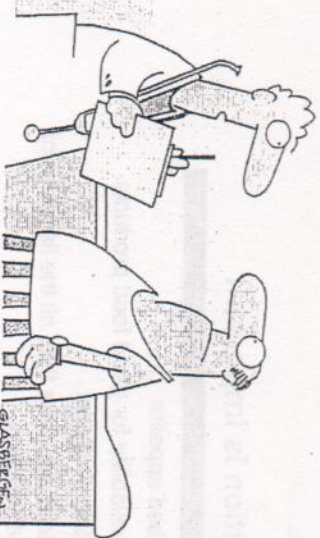
- <http://www.youngemexyear.com/>
- <http://www.mayoclinic.org/healthy-living/healthy-aging/basics/dependent-seniors/hlv-2004-9407>
- Bennett Clinic *Secure Spine Program*

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Oldbies

You thought old people were easy pickings?
You're about to get schooled, tumbleweed!



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

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www.glasberg.com

*"You cannot change the way the wind blows,
but you can trim your sails."*



Thank You!

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If you suffer from chronic neck or back pain, arthritic pain, or would like to do more to improve your overall quality of life, we offer Senior Connection event attendees a free consultation. Contact the Bennett Clinic at one of the following locations:

Prescott Valley: 772-7200

Prescott: 771-9400