

Breakout Questions 11-28-23

- 1. Getting to know you:** Dr. Eric Larson, author of the book Enlightened Aging and a speaker at a WH Forum a couple years ago has given this advice for healthy aging: *Stay physically active as long as possible, adapt to and accept things that happen as we age but be resilient – when disaster happens just bend, don't break and move back to where you were if you can; Try not to fall prey to ageist attitudes but think of aging as "good."* **What adaptations of your life have you taken to apply these principles or perhaps others of your own?**
- 2. Social Issue:** (*Thanks for this question from a Thursday morning zoom session*) Social Security is unsustainable in its current form. The basic design has remained the same over the decades even though very little about modern America's population, society or economy resembles the 1930s. The Social Security Trust Fund will reportedly be depleted in 2035. **What do you think should be done to ensure that Social Security remains solvent into the future? Options cited in the Social Security Reform Act include: raise the retirement age, a more accurate cost of living adjustment for those who need it most, modernize the benefits to protect the most vulnerable in old age. OR we could raise taxes. OR do something else????**
- 3. Open Topic/Chat Session** – Whatever you'd like to discuss.

Zoom Link: <https://us02web.zoom.us/j/85226661859>