

Life's Second Half Options by Bob Chism, CAM
In **A Long Bright Future** (2011) by Laura L Carstensen, PhD and as the 2011
CASA Network International Leadership Conference Keynote Speaker,
her take away point was "**There is so much to look forward to**".

Second Half Planning

Marc Freedom, CEO of the think tank Civic Ventures, defines New Beginnings best: "The old retirement dream of the freedom from work needs to be replaced by a new version: freedom to work in any new way, on new terms, to even more important ends". As we graduate from the first to the second half of life, we want to develop a second half plan for making the most of the next phase. Spiritual, Physical, Financial, and Mental Health are essential to finishing well, strong, successfully, or (my own preference) Extremely Well.

Spiritual Health

2011 CASA Network International Leadership Conference Keynote Speaker & Workshop Leader Richard H Gentzler, Jr, Director of the Center on Aging and Older Adult Ministries concisely summarized spiritual health as follows:

"Since many of us will live longer and healthier lives than previous generations, we have the opportunity to create a second half of life that is very different from what our parents and grandparents experienced. We need not deny our aging, but rather gain a new perspective of what it means to be persons of great worth as "older" children of God. In reality, we are pioneers forging new paths and definitions about what it means to be an older adult...We've earned our wrinkles and our wisdom, and we possess the wonderful opportunity to grow closer to God through Jesus Christ and to our true selves..."

"Learning to grow old means learning to trust fully the promises of God. It means embracing not only the more painful challenges and transitions associated with long life, but engaging the possibilities of creativity, wisdom, and faith. Learning to grow old in the Christian faith invites us to transform the last years of our life into new beginnings. Learning to grow old means awakening ourselves to authentic Christian discipleship, empowered by God's Spirit, for the transformation of the world"

In **James (NIV)**, God gives us basic instructions for living a disciple's lifestyle, while leaving a Christian legacy:

- 1:1** Lead with a servant's heart
- 1:12** Persevere under trial
- 1:22** Study and obey God's word
- 1:26** Control our tongue
- 1:27** Care for those in need
- 1:27** Guard against worldliness

- 2:8** Love others as yourself
- 2:14** Match your faith with deeds
- 4:1-3** Pray with faith and pure motives
- 4:6** Maintain a humble attitude
- 4:8** Draw near to God
- 4:15** Make God's will our will
- 5:9** Complain about nothing
- 5:12** Preserve our integrity

Source: Pastor Michael Kinsmen, **Encore** (2007), a pioneer of two very different generations serving side by side to influence the generations.

In **Mathew (NIV)**, God gave His Great Commandment and Commission:

Great Commandment (22:37-40)

Love the Lord your God with all your heart, and with all your soul and with your entire mind...Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments.

Great Commission (28:19-20)

Go and make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you.

Daily Devotion

2011 CASA Network International Leadership Conference Keynote Speaker H B London, "Focus on the Family/Pastor-to-Pastor" action steps were Do what you can-Where you are-With what you have.

Faith Development

Faith is a dynamic concept. Practicing spiritual disciplines is liberating. The role of questioning and doubt is normal. It enables community learned 'religion of the head' to pass into a personal 'religion of the heart'. Adult life cycle faith development or changes can occur in young adult, midlife and retirement. While most churches' focus on the youth before college, it is important to note midlife and retirement are equally important opportunities for conversion and faith development.

The Spiritual Disciplines

Bible and devotional reading, Prayer, Meditation, Silence, Journaling, Relaxation, Fasting, Simplicity, Solitude, Service, Submission, Worship, and Confession.

Source: **Celebrating Disciple** (1988), Richard Foster

Physical Health

What the Bible Say about our Mind: Dwell on the things of God Philippians

4:8 (NIV) Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—

if anything is excellent or praiseworthy—think about such things.

Keys to Aging

Nutrition, Exercise/Physical Activity, Healthy Weight, Not Smoking, Prevention & Early Detection, and Faith.

Jeffrey Levin postulated on the bases of his research that religion affiliation benefits health by promoting healthy behavior and lifestyles; buffering the effects of stress and isolation; strengthening the physiological effects of positive emotions; reinforcing health promoting personality styles; nurturing hope, optimism and positive expectations; activating an altered state of consciousness; and invoking paranormal means of healing others.

God, Faith, and Health (2001), Jeffrey S Levin

Normal Aging Characteristics

All 5 senses tend to decline, Lung vital capacity declines, Physical strength declines, Age spots, Skin Elasticity, Temperature, and Menopause.

Normal Memory Changes

Memory Loss is NOT a Normal part of Aging, Learning takes Longer, Recall may be Slower, Attention is harder to Maintain, Misplacement of Items, Minor Disorientation in Unfamiliar Surroundings.

Improving Memory

Do Something New; Challenge your mind-Play games and do puzzles, travel someplace new, take a class, start a new hobby, volunteer, write letters, record your family history and your memories.

Source: Adapted from “**Finishing Well**” 2010 Summit by Dr Amy Hanson, 2009, 2010 and 2011 CASA Network International Leadership Conference Keynote Speaker and/or Workshop Leader.

Financial Health

Stewardship is an essential part of finishing extremely well.

Lifetime-God owns all things, we are His stewards. It is important that we use our assets to their fullest potential during our lifetime for self, family, business, and charitable interests.

Eternity-And at death, we must have arranged for the transfer of our assets in the most efficient and effective manner to individuals or charitable interests who will continue to use them for the Kingdom.

Estate Planning is primarily tax driven. Creates complex documents and involves multiple professional authorities. Your Estate Planning & Gift Guide which includes the four P's of estate planning and a family conference is available free. Contact Information: Robert W Chism, 1513 Eagle Ridge Drive, Antioch, IL 60002 / ph. 847- 395-1626. Send an email to: chism.w.robert@comcast.net.

Funeral Wishes is a labor of love to give guidance and direction to loved ones when they need it the most by relieving the emotional burden of decision-making and allowing them to support your wishes regarding your final plans. For a free brochure contact: CHAMPS Download Center for Healthy Aging, Ministries, Programs & Services/ 402-895-2224 / www.champsoline.info

Mental Health

How to Grow Old Alphabet

A's for Anticipation of what the future could become,
B's for Believing that the Best is yet to come,
C is for Cherish - doing it better with my wife,
D's for the Desire to make a Difference with my life,
E's for Eternity - getting closer every day,
F for the Fervor to **FINISH EXTREMELY WELL**, come what may,
G is for Gaining an effect that is Global,
H for a Heart that is Happy and noble,
I's to have an Impact through a life that's worthwhile,
J is for Jesus - I want to make him smile,
K's for more Kisses with the people I love,
L's to Listen and Live Life with Love,
M's to be Meaningful and for Making More "wow!",
N is for learning to live life in the Now,
O's for the Opportunities each new day brings,
P for the Possibility of Pursuing new things,
Q is for Quiet - sometimes that's nice,
R is for Rest, but not as a vice,
S for Settling into who I can be,
T for the Time to really be me,
U is for Understand is for, and
V is for Value's,
W's for Wisdom, applied carefully,
X for X-cited, even though its spelled wrong,
Y for the Yearning to fill every day with a song,
Z is for the Zest to be all I can be!

Source: Adapted from Finishing Project, a CASA Network Alliance Ministry

Attitude is a self filling prophecy: Graduating to a Second Growth, Creating a Positive Identity, Balancing Greater Freedom

Relationships are the basis of meaningful connections: Gender, Generation, Friends, Family (Spouse, Adult Children, Grand Kids, Aged Parents & In Laws, Siblings, Church), Interests/Recreation, Need, Concerns/Problems, and Ethnic/Culture

Creative Pursuits: Continued Learning, Purposeful Activities, Financial Opportunities, Encore Career, and Ministry Vision.

Legacy Sharing is more about who and why of conventional estate planning. It is value based planning. Options include interfamily communication, spending time, sharing Life Lessons plus Family Stories, & coordinating Sentimental Property.