

# Age Well

DIGEST



**FEBRUARY 2025**

**[WWW.AGEWELLDAYTON.COM](http://WWW.AGEWELLDAYTON.COM)**



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# LONGEVITY LOUNGE

## Staying Engaged in Today's Intergenerational Workplace

*Age Segregation. It's a trend that's been picking up steam for 50+ years.*

*For younger generations, schools are a top gathering place. For mid-life generations, it's often the workplace. And seniors? For many, the decision to retire is made by others (layoff, health event, etc.). In turn, places to connect with others in retirement tend to be less clearly defined.*

*This age segregation trend, coupled with a recent trend toward cocooning isn't helping to bridge the generations. Consider this:*

*Takeout orders now outnumber traditional dine-in customers at many restaurants*

*Entertainment shifted from theaters and stages to home screens*

*Hybrid & remote work arrangements continue to be favored by many*

*As face-to-face encounters dip, it's fertile ground for ageist myths to perpetuate (young to old AND old to young). Sadly, these ageist myths prevent us from understanding people from other generations and ultimately rob us of reaping the many rewards that come from cross-generational collaboration.*

*But rest assured, dear readers, there are promising signs on the horizon.*

*In this issue, we're exploring if/how you might work longer, yet in a more part-time and advisory capacity where you can still carve out time for golf, grandkids, etc. Part-time gigs are an added plus for many as they help boost retirement savings, while supporting happy and healthy aging.*

*Looking ahead, we're planning a "Mixing the Generations" roundtable event later this year. This would be an opportunity to surround yourself with people from different generations for a series of short discussion sprints. Interested in joining our planning team? Email me at [donna@AgeWellDayton.com](mailto:donna@AgeWellDayton.com) because as they say, "None of us is as smart as all of us."*

Cheering you on,



# FEATURED SPONSOR

## Caring Transitions of South Dayton

Providing senior relocation support to families in Dayton, Oakwood, Bellbrook, Kettering, Miamisburg, Centerville, Washington Township, and beyond, Caring Transitions services includes assistance with downsizing, packing, unpacking, decluttering and online auctions for full and partial liquidations. UD Alumnus and CEO at Caring Transitions Jean Hodge has mastered this crucial step and she's happy to schedule a call to better understand your situation. <http://caringtransitionssdayton.com>



**Transforming the way seniors and their families transition through life's stages.**



SENIOR  
RELOCATION



DOWNSIZING &  
DECLUTTERING



ESTATE SALES  
& ONLINE  
AUCTIONS



HOME  
CLEANOUTS



# PODCAST

## Dayton Metro Library: A Feast of Learning Opportunities

For our February podcast, Terry O'Brien and I were thrilled to welcome Ann Riegler Crichton, Community Development Manager at Dayton Metro Library (DML), who shared more about the incredible classes, events, and resources available and free at DML.

Beginning on March 20th, Age Well Dayton will host a monthly series at the DML/main branch titled: "The Changing Face of Retirement." These will occur on the 3rd Thursday of each month. More info about the 3/20 event (Landing Flexible Part-time Gigs) [here](#).

You'll find the Age Well Dayton video podcast on YouTube ([@DonnaKastner](#)). And for audio podcast fans, you'll find us on today's top platforms, including [Spotify](#), Apple and [here](#).



# ENCORE CAREER

**Too Young to be Done? Check out these organizations.**

**Work-at-Home Vintage Experts:** Launched in 2010, WAHVE was created to reverse the outflow of experienced talent from the insurance industry. In 2013, I was delighted to interview their founder & CEO, Sharon Emek. Now a decade later, their impact and reach has grown tremendously, as they close workforce gaps for many happy clients.



Looking to make a smooth segue from full-time job to part-time work-at-home assignments? Check out the **WAHVE** Reimagining Retirement page to explore if/how YOU might become their next Vintage Expert!

**The Encore Network** supports the civic, social & economic contributions of people over 50. Services and resources at the Encore Network fall into four buckets:

*Connect & Collaborate, Recruit & Gain Value, Start a Venture, Discover Resources*

Each month, they're hosting wonderful online sessions, plus they have several Affinity Groups (Over-50 Employment, Encore Entrepreneurship, Intergenerational, Advocacy, Building Encore Ventures) where you can connect with peers and experts to design your own magnificent encore.

Annual memberships at Encore Network are affordable (starting at \$129). Best of all, you can feast on free events to determine if investing in membership might be a fit for YOU!



**Gentelligence®** rejects common stereotypes assigned to different generations, replacing them with a deep understanding of why those who grew up in different times may behave in unique and valuable ways.”

Founded by Meghan Gerhardt, Ph.D. and Professor at Miami University, I was delighted with the wealth of training experiences offered to me as a student at Gentelligence Academy. This digital training program is personally taught by Dr. Megan Gerhardt, author of the best-selling book, *Gentelligence: The Revolutionary Approach to Leading an Intergenerational Workforce*.

Want more? Check out Dr. Gerhardt's TEDx talk: **Why I love Millennials (and You Should Too)**



# EXPERTS TO FOLLOW

## Janine Vanderburg: Slaying the Ageism Dragon

The movement to end ageism is advancing, thanks to champions like Janine Vanderburg, founder and now Senior Strategist and Master Trainer at Changing the Narrative.

The graphic recording masterpiece below speaks volumes about the important work Janine is advancing - hence, it appears prominently on the [Changing the Narrative home page](#).



Janine now partners with many leading national and global organizations. Follow her on LinkedIn [@JanineVanderburg](#) to enjoy the valuable gems she shares there!





## BOOK TALK

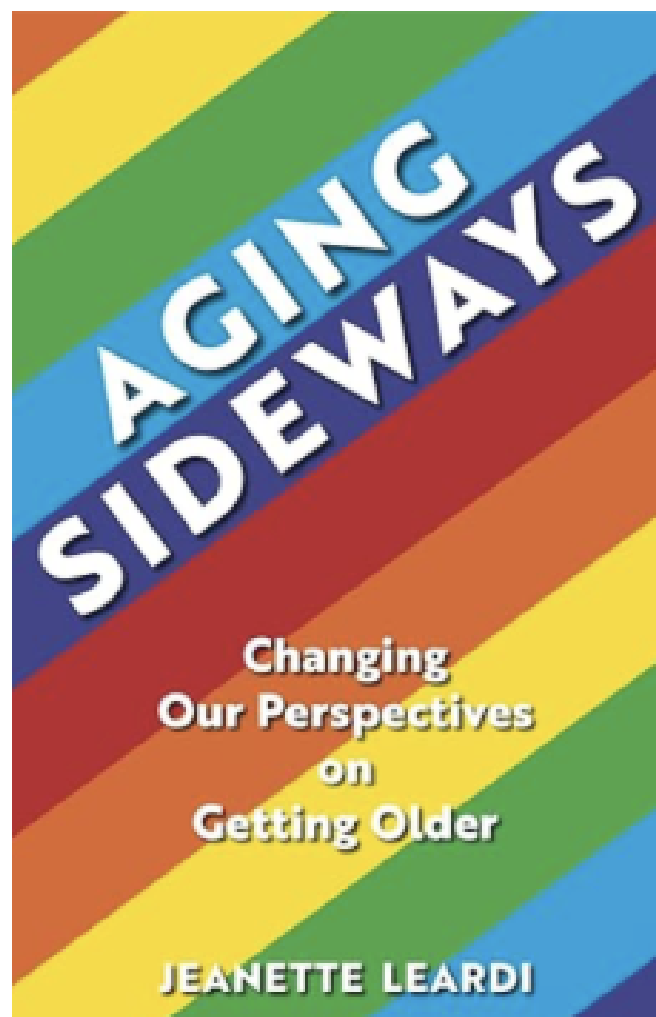
### **Aging Sideways: Changing Our Perspectives on Getting Older by Jeanette Leardi**

Day after day, we're bombarded with messages that depict aging as a time to deteriorate and decline. But did you know there are wonderful treasures to be savored as we age?

That's the story social gerontologist & community educator Jeanette Leardi is focusing on in her latest book and we're thrilled to recommend it.

We'd like to convene a Zoom meeting on February 26 at 9:00am where a small group explores key takeaways from Jeanette's book. Interested in joining this discussion? Reading the book is helpful, but not required.

Email [donna@AgeWellDayton.com](mailto:donna@AgeWellDayton.com) to reserve your seat and she'll send you the Zoom link.



# EVENTS

## Learning & Networking Opportunities in Dayton

**February 26, 2025 (12pm)**

### **Retiring Before Age 65? Your Coverage Options**

If you're retiring before age 65, this webinar hosted by RetireMed will help you learn about COBRA, ACA Marketplace plans, short-term plans and other options before Medicare is available. Great opportunity to get your questions answered and it's free.

Register [here](#).

**March 10, 2025 (Networking starts at 11:30am. Program: 12pm to 1pm)**

### **ThriveWise Connections: There's No Place Like Home**

Meadowbrook at Clayton, 6001 Salem Ave., Clayton, OH

Email Mary Garman for more info: [megarman419@gmail.com](mailto:megarman419@gmail.com)

**March 20, 2025 (10:00am - 11:30am)**

### **The Changing Face of Retirement**

Landing Flexible Part-Time Gigs

Dayton Metro Library/Main Branch

More info [here](#).

**April 17, 2025 (10:00am - 11:30am)**

### **The Changing Face of Retirement**

Managing Housing & Transportation Needs

Dayton Metro Library/Main Branch

More info [here](#).

Looking for a speaker or a panelist for your next event? Email Donna Kastner for a list of topics she addresses regularly. [donna@AgeWellDayton.com](mailto:donna@AgeWellDayton.com)



# JOIN THE MOVEMENT

## What is Age Well Dayton?

AWD is a dynamic hub to explore resources and inspiring stories, with special focus on serving three core audiences:

- Recent Retirees
- Pre-Retirees
- Adult Children



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