

News from the Field

International Day of Older Persons Day 2020

Let's all prepare for a double anniversary celebration on Thursday, October 1.

The 30th anniversary of the **International Day of Older Persons (IDOP)** and the 75th anniversary of the United Nations are being celebrated at a virtual event on Thursday, October 1 from 9:00am – 12:00pm EDT (New York time). Register [here](#). IFA will be streaming it live on [Facebook](#).

Pandemics: Do They Change How We Address Age and Ageing? This is the theme for the observance of the 30th UN International Day of Older People (IDOP).



Help Age International's toolkit helps to plan a campaign for IDOP. It gives step-by-step guidance on how to challenge ageism and suggests physically-distanced tactics to convince decision makers to take action. [Download the toolkit here.](#)

In France: 365 days to act and 7 days to talk about it during the Blue Week



Every year since 1951, Blue Week in France has showcased and celebrated the contributions of older people to the economic, social and cultural life of the country. It also highlights the concerns and difficulties encountered by older people, as well as the achievements and projects of civil society. Since 2016, Blue Week has been aligned with the UN's International Day of Older People. From October 3 to 9, 2016, Blue Week will revolve around a new theme of ageing in place and in community.

Africa: Massive population growth projected

Africa Aging: 2020
International Population Reports

Wan-Hsueh Tsai, and Dalia Abdelaziz
Issued September 2020
PHC/20/1



The US CENSUS Bureau's new report "Aging Africa: 2020," points to a tripling of the older population by 2050, increasing from a 2020 baseline of 74.4 million to 235.1 million, a growth that outpaces any other region of the world.

The report provides comprehensive and up-to-date statistics on current and projected future population aging trends and patterns in Africa and sub-Saharan Africa. It is staggering to think about the many issues that need to be addressed over the next three decades. [See highlights.](#)

SGA - Africa Working for Change



United Nations

Department of
Economic and
Social Affairs

The UN's Stakeholders Group on Ageing (SGA) has an active branch in Africa (SGA - Africa) taking important steps to prepare a "United and Coordinated Africa for the Inclusion of Older Persons in COVID-19 Policy Response and Development Agendas." Listen [here](#) to a recording of the recent SGA - Africa meeting that focused on responding to COVID-19 and developing the Rights of Older Persons throughout Africa.

Massive and urgent need to train health and care professionals

Graduation time for a group of social gerontologists at a training in Abuja with INIA. Dr. Emem Omokaro (seated center) co-chair of the Stakeholders Group on Ageing-Africa, is playing a leading role in fostering the education of health care professionals.



Addressing the critical need for expanding staff capacity in gerontology and geriatrics is already underway in sub-Saharan Africa, thanks to effective partnerships between the UN's International Institute on Ageing (INIA) in Malta, and the David Omokaro Foundation in Nigeria. INIA has held 96 in-situ staff development programs in 27 developing countries for more than 3000 participants. Unfortunately, COVID has put brakes on the program temporarily.

Network News

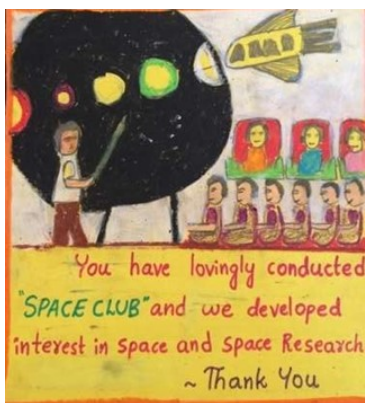
Tom Holloway, network liaison for World U3A, signs off on his last edition of *Signpost*



Frankly, it came as a shock. He did warn us. But we have now received the last edition of [Signpost](#) created and edited by Tom Holloway and sent out on the dot on the first of every month for the last 20 years! Tom is a constant in the firmament of the University of the Third Age, known worldwide for his indomitable sense of justice, his ability to cut to the chase, his total generosity for using his talents to further education for all ages, his sense of humor, and his insatiable curiosity about the world and our place in the universe. This, however, is by no means a swansong for Tom, a retired Consultant Systems Engineer and ex-secretary of U3A Hyderabad, India, where he once lived for nearly 17 years, spending 8 months a year working in a slum community and the other 4 months in Oxford, England. An exemplar for all.

Webmaster par excellence

During all this time Tom has been running worldu3a.org as a free service to all U3A groups anywhere in the world. [Read more.](#) He has created dozens of websites that have facilitated growth and communication for U3A members from Tasmania and New Zealand to Kazakhstan and Nigeria (none in the US).



Tom's enduring passion is working with the [two schools](#) he created in Hyderabad. He will continue to sponsor and teach through Zoom. Afreen, a former student who today is the principal of the school, describes him best: "Tom is a Philanthropist and an Intellectual personality who thinks in a completely different way. There's always something that I take away from him when I connect. He is a web monger – a retired IBM computer consultant who now lives in Oxford, U.K., and runs online lessons through Zoom's video conferencing platform. He has been my teacher since 2015. I used to visit his apartment to learn about computers where I learned more than I expected. I am still his student, learning various things such as Web Designing, graphics, etc. He supports my school club with technology to enhance the modes of learnings and constantly guides me in the ways of teaching."

High Hopes for PION Representation on GAROP

Two Pass It On Network Liaisons are candidates in the upcoming election to choose Steering Committee members who will lead [GAROP](#) (the Global Alliance for the Rights of Older People). The elections opened on 9 September and will close on 23 September at 23:59 (UK time/BST). Both candidates, from Canada and Mauritius respectively, have a global outreach through the Pass It On Network. They are:



Margaret Young (Canada), who is playing an increasingly important role on PION's planning team, is already our official advocacy leader with GAROP. She was part of our delegation to the 10th OEWGA session in New York in 2019.



Naraidoo GAVA NARAIDOO (also called Vijay), *Droits Humains Océan Indien* (DIS-MOI) (Mauritius), is extremely active through his regular newspaper columns and on-the spot advocacy in his region.

Partnering with the Family Ark Mission in Nigeria for a series of webinars on the vital importance of self-reliance



Keep on Smiling is title of a new series of webinars launched in August by Dr. David Oludare Mark, head of the Family Ark Mission and founder of the U3A Lagos Project Nigeria, and Pass It On Network liaison. The first of the series was on the importance of [Lifelong Dental Care](#). The impetus comes from the stark realities revealed by the survey on the effects of COVID on the older population organized by the Stakeholders Group on Ageing-Africa. The series for the Pass It On Network is a perfect example of international collaboration. Two liaisons, Dr. Carole-Lynne Le Navenec, Canada, and Dr. Ingrid Eysers, Germany, both from the nursing profession, were part of the strategic planning team and made much appreciated contributions with their talks. Carole spoke on the Healing Power of Singing and Humming in Older Adults while Ingrid spoke on Oral Communication – the Value of a Smile. The next in the series will be on Dementia.

David is also to be congratulated on being awarded a Commonwealth Distance Learning Scholarship, at the University of Stirling (Scotland), in their postgraduate program offering a Master of Science in Dementia Studies.

Pass It On Network and the BDU Heritage Centre for Gerontology in India

Dr. Ilango Ponnuswami, Professor, Department of Social Work at Bharathidasan University, Tiruchirappalli, and a Pass It On Network Country Liaison, has invited the Pass It On Network to identify webinar presenters for a wide range of audience participants with varied professional backgrounds from all over the world. The webinars attracted a large number of registrations with more than 300 live attendees. They were live-streamed and stored on the Department's YouTube channel. The Pass It On Network is now a partner with the BDU-Heritage Centre for Gerontology, a specialized centre functioning within the Department of Social Work.

So far, Jan Hively, Rajiv Mehta, and Dana Steinova have contributed their expertise. Jan commented, "The 45 minutes of give-and-take discussion with the participants was animated and useful. We are fortunate to collaborate with Ilango, who is treasured far and wide by former students for his wise mentoring." See the PION presentations on the university's [YouTube Channel](#).



Dr. Ponnuswami Ilango, one of Pass It On Network's pioneer liaisons, lives and works in Tiruchirappalli, Tamil Nadu, at the Bharathidasan University, where he is Chair, School of Social Sciences and Professor, Department of Social Work. He runs regular webinars.



Jan Hively, PhD, co-founder of the Pass It On Network, presented the first webinar in this partnership in July. She spoke on "Realizing the Potential for Positive, Productive Ageing" -- putting the accent on the importance of building strengths rather than simply catering to needs. Positive brain changes happen because of ageing, not in spite of it.



Rajiv Mehta, founder and CEO of California-based nonprofit Atlas of Care, presented his work in July on strengthening caring relationships among families and communities. His "Mapping Ourselves" program empowers people to discover and value the care ecosystems they live within.



Dana Steinova, Head of EURAG Memory Training Center, Head of Czech Society for Memory training and Brain Jogging, EURAG Secretary General, Head of the Prague Senior Council, and Pass It On Network liaison, ran a highly successful "Introduction to Memory Training" in September.

COVID Sparks New Links for EURAG



All of our associations of older people will never be the same again. ZOOM has opened a whole new era of closer relationships for the 150 member associations across Europe that belong to EURAG.

The three meetings that have been held since COVID-19 has changed our habits have reached a far wider and larger audience. Moira Allan will be Pass It On's representative at the next EURAG Council meeting at the end of November in Budapest, Hungary.

Network Connectors



Helen Dennis, new Advisor from L.A. in the USA

Pass It On Network welcomes Helen Dennis as an Advisor. Helen is a nationally recognized leader on issues of aging, employment and the new retirement and is co-founder of Project Renewment®. She has received awards for her teaching at the University of Southern California's Davis School of Gerontology. Helen writes a weekly newspaper column on "Successful Ageing," reaching 1.6 million readers. She has assisted over 20,000 employees to prepare for the non-economic aspects of retirement. Helen has been recognized by PBS Next Avenue as one of the 50 top influencers in aging.



Els Messelis, new Liaison from Flanders, Belgium

Els Messelis is a social worker, gerontologist and author from Ghent in the Flemish-speaking part of Belgium. She is a true lifelong learner and teacher. She has served as Gerontologist in the department of Lifelong Learning at the Odisee Advanced Education institution in Brussels. She is also a self-employed Gerontologist working with Life stories of older adults. She counts her writing as one of her major achievements and since 34 years she generated much interest around the question of sexuality and older adults. In 2014 she created The Sex Suitcase to Breaking The Taboo.

This is a psycho-educational tool for discussing sex and intimacy in old age and was presented at various conferences both in Europe and the USA. In 2019 she has written a chapter on Sexuality, Intimacy and Healthy Ageing published in a book entitled *Heathy Ageing*. Also in 2019 she co-authored with Michael Bauer on Sex and Intimacy Policy in Residential Aged Care Facilities in Flanders, Belgium.

Resources

Some Perspectives about COVID - 19



We thank Dr. Magen Mhaka-Mutepfa, Pass It On Liaison, Botswana, for alerting us to this webinar series: "COVID-19 and Systemic Inequality".

[View video here.](#)

Asia Pacific Active Ageing Consortium



Dip into the Zoom recordings for a whistle-stop tour of Asia Pacific to discover innovative ways to achieve Active Ageing in the Time of COVID 19. [ACAP's Facebook](#) page features the consortium's series of 6 webinars from July through September. You'll learn about community gerontologists in the Philippines, green solutions in Malaysia, innovative ways to generate income in India and so much more.

The last webinar of the current series is scheduled on September 26 at 11am Hong Kong.

South Africa: It's tough when subsidy payments are not paid

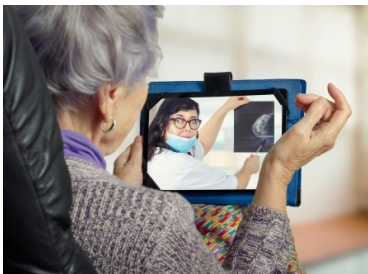


"Seen from the Inside: an interview with Femada Shamam", CEO of TAFTA and Pass It On Network liaison for CommonAge, describes the challenges of managing a residential care organization in Durban, Kwa Zulu Natal, South Africa that nurtures 7000 older people in the middle of the COVID-19 pandemic. [View video here.](#)

Coping with Pandemic Stress across 3 to 4 generations in India

"Each generation has its own stress." That was the reality explored by a panel of experts in India on a webinar inaugurated by Rotary International's District Governor, Rtn B L Nagendraprasad. Four professionals explored the issues and coping mechanisms of older adults, children, parents and families. [Listen here.](#)

Technology is driving a revolution in senior care



COVID-19 is ironically acting like a catalyst to push the health care industry out of its comfort zone, accelerating many powerful innovations that deliver much needed community-based alternatives. People deserve and will demand better. Read this startling [article](#) about telehealth.

How to report misinformation online



You can help to stop the spread of misinformation. If you see content that you believe to be false or misleading, report it to the hosting social media platform. Let's beat COVID-19 together. [Read here.](#)

Useful Tips for Grandparents and Grandchildren



Because we're stronger together®

Generations United offers advice and resources to help grandfamilies via its detailed [COVID-19 fact sheet](#).

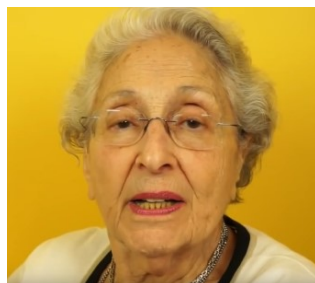
WHO Health Alert on WhatsApp now in more local languages

The World Health Organization (WHO) has worked with partners WhatsApp and Facebook to set up dedicated messaging services in Arabic, English, French, Hindi, Italian, Spanish and Portuguese. Using this system, WHO's Health Alerts can reach 2 billion people. WHO can now get information directly into the hands of the people who need it. [Learn more.](#)

Pathways

Ageing

Lift the veil of invisibility!



This inspiring video was made to honor centenarians, in honor of IDOP (the International Day for Older Persons). It was produced by the New York City-based organization, Gray Panthers, and is introduced by Jack Kupferman, the director of that organization that was created 50 years ago by a prominent feminist committed to combatting ageism, Maggie Kuhn. [View video here.](#)

A simple, soothing way to engage people living with dementia



Allyson Schrier, co founder of **ZinniaTV**, is bringing pleasure and relief to people living with dementia with videos featuring familiar faces, subjects, and sounds that help viewers feel engaged and connected. They are a boon for carers because they stimulate good conversations. [Discover more here](#) and see for yourselves!

The 73rd World Health Assembly Launches the Decade of Healthy Ageing 2020-2030

**Decade of Healthy Ageing
2020-2030**

On 3rd August 2020, the Decade of Healthy Ageing was adopted by the 73rd World Health Assembly. The decade focuses on 4 key action areas and the first of these is

changing how we think, feel and act toward age and ageing, which includes our joint “battle” to tackle ageism or the stereotyping, prejudice and discrimination toward people on the basis of their age. The *Decade of Healthy Ageing 2020-2030* is available on the Decade’s [dedicated page](#) in all 6 official UN languages:

[Arabic](#), [Chinese](#), [English](#), [French](#), [Russian](#) and [Spanish](#).



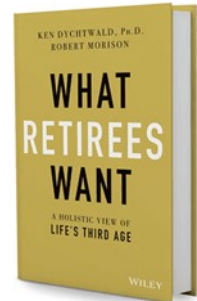
A fun application to help you keep your balance

French speakers now have access to a simple app to help keep their balance. The app and its [website](#) offer free advice and exercises.

Community Support

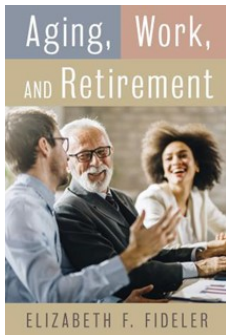
Podcast: A call to action for all retirees

Dorian Mintzer, creator of *Revolutionize Retirement*, interviewed Ken Dychtwald, co-author with Robert Morison of *What Retirees Want – a Holistic View of Life's Third Age*. Listen [here](#) and if you rally to his stirring call for action, contact the [Pass It On Network](#) to discuss how you think you would like to be involved. The proceeds from the sale of this book are being donated to the American Society on Aging.



Work & Economic Security

Liz Fideler delves deeper into ageing and the workplace



This [new publication](#) from Liz Fideler reflects growing interest in aspects of aging, ageism, labor market challenges, and workplace issues affecting older adults who are looking for work opportunities that will meet their interests and income needs. She looks at gender and racial/ethnic similarities, differences in employment history, and work/life opportunities, as they affect older workers in the U.S. and elsewhere. Elizabeth Fideler, EdD, is a founding member of the Sloan Research Network on Aging and Work at Boston College.

Practical tips for discovering your unique purpose



[Enjoy this conversation](#) between Dr Roger Landry and Dr Dorian Mintzer, therapist, life coach, and Pass It On Network Advisor. Dori offers practical tips for discovering one's unique post-retirement purpose, even as perceptions of aging are shifting in the COVID – 19 era.

Lifelong Learning

PSS Life! University



Building capacity. Creating community.

Thanks to Carole-Lynne Le Navenac, our Pass It On liaison in Calgary, Canada, for highlighting New York City-based

[PSS Life! University](#) that offers a robust schedule of informative presentations, workshops, and activities FREE [online](#) to help older adults thrive. "Regardless of where you are, you can register for their free webinars/educational sessions. I find them to be very good at addressing all my questions during the chat session even though I do not live in the United States." says Carole-Lynne.

Events [Check local time zones here](#)

September 21, 2020 - Talking About Dementia: *Mental Health and Wellbeing During COVID-19*



Commemorating World Alzheimer's Day, The Alzheimer Society of Calgary, Canada, is hosting a very special "Talking About Dementia" live on Zoom. [Register here](#) and join us for

a virtual discussion about mental health and wellbeing during COVID-19, 6:30 to 8:30 pm MST (Mountain Standard Time).

September 23 - December 16, 2020 - Population Ageing: Diversity, Social Justice, Equality



INIA
Webinar Series
2020

INIA Webinar Series 2020 Wednesdays at 13:00 CET. This free online series brings 13 experts in the field of ageing from around the world to talk on ageing, current challenges and future developments. Follow [INIA's Facebook page](#) to keep on track with the series and see the panel of speakers [here](#) for the launch on September 23 with Professor Marvin Formosa, Director of the INIA (the International Institute on Ageing, based in Malta).

Events (continued)

September 24, 2020 - Leaving Nobody Behind in Times of Digitalisation: Experiences of Older People in Europe

Online workshop organized by BAGSO, German National Association of Senior Citizens' Organisations. [Register here](#).

September 26, 2020 - ACAP 6th Webinar



Join the 6th ACAP webinar at 11am Hong Kong for a window on the world seen from the Asia Pacific perspective.

Moderator: Yoshiko Someya, Japan. Presenters: Gustav Strandell, Japan; Suzie Schulberg, Hawaii; and Iddy Yiu Lai Shan, Hong Kong. [Register here](#).

Catch up on previous webinars: [ACAP's Facebook](#)

September 28 and 29, 2020 - Strengthening Older People's Rights in Times of Digitalisation – Covid-19 Lessons

An international workshop jointly organized by BAGSO, the German National Association of Senior Citizens' Organizations; the German Federal Ministry for Family Affairs, Senior Citizens, Women and Youth; and AGE Platform Europe. French, German and English interpretation available. [View program](#) and [register here](#).

September 30, 2020 - Ageing and Ageism in the Commonwealth



Time: 11h00 –16h30 GMT

The Way forward post COVID

[Register here](#)

Events (continued)

October 1, 2020 - Brush up your skills in just four weeks: Digital Skills for What's Now and What's Next



Lynda Smith, Moira Allan and many more have received so much value from Peter du Toit's hands-on digital skills course that they have asked him to run a special four-week program for the Pass It On Network community. You'll learn what you need to know and access one-to-one advice through a private, dedicated online group. [Learn more.](#)

October 6, 2020 - MOOC on Preventing Dementia



WICKING
Dementia Research

"Up to 40% of cases could be prevented." Given the ageing of the global population and forecasts for massively increased prevalence of dementia, it is now important to boost health literacy around dementia risk, so that we can mobilize people to change health behaviors to minimize susceptibility to this condition.

[Read more](#) and [register here.](#)

October 12 - 15, 2020 - Target Metabesity: a Virtual Conference (valuable offer for subscribers)



Metabesity is a Moonshot to Healthy Longevity in the next decade! If you value your health, attending the Targeting Metabesity 2020 online event could be the best favor you could do for yourself. For a start,

you'll find out what Metabesity is all about! Pass It On Network subscribers are invited to use the code MT20-100! to get a **free** premium ticket (otherwise \$99). You will learn the COVID Lesson: Geroscience can make us less vulnerable as we age -- and so much more.

[Register here.](#)

Donate to Pass It On

Help support our positive ageing
advocacy goals!

[DONATE](#)

Subscribe to our newsletter

Keep up with news from around
the globe!

[SUBSCRIBE](#)