

VIDEO: Seminar encourages seniors to set goals

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ELMHURST, IL -

Dr. Tom Sattler doesn't view growing old as an eventual decline to dementia; instead, he sees it as an opportunity for people to become more adventurous.

Sattler spoke to a roomful of senior citizens the morning of Feb. 14 at the Drury Lane Theater and Conference Center in Oakbrook Terrace. His seminar, "The Magic of Aging Well," was presented in conjunction with the Park Place of Elmhurst, with which he is an adviser and spokesman.

"If we're going to change habits, we have to change the way we do things," Sattler said. "Maybe we've been living in a rut and it's time to change things."

Seniors heard Sattler's philosophy on how to age well and become more active and involved as they age. The seminar discussed traditional views of aging, five components of the good life, the "road to wellness," physical wellness and the problem with society, among many other topics.

"We can't do anything about what we did yesterday or what we'll do tomorrow," Sattler said. "We don't control the present. We call it the present because we open it every day to see what's inside, see what is the 24-hour challenge."

About half of the audience were future residents of Park Place, which will open in 2009. The other half were both prospective residents and interested people.

Jeanne Pitra, who will reside at the development with her husband, said she enjoyed the seminar.

“It was great. I think his humor and the content of his speech were the best part,” said Pitra, a Glen Ellyn resident.

Sattler recommended that seniors set goals for themselves and learn when to be independent and when to allow themselves to rely on others. He used personal examples of how seniors citizens he has known, including his mother, have changed their lives at an older age.

“Say no to the things we don’t want to do anymore. ... Learn to accept and like yourselves. We all have a level of effectiveness. Maybe we need to raise the bar,” Sattler said.

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