

# CHANGING THE PERSPECTIVE ON AGING



We live in a city where aging thrives and is ever-present. It's in the wisdom of the woman teaching tai chi in the park. It's in the drive of the entrepreneur who launches a new business at age 70. It's in the heart of the grandfather helping his grandson with math homework over Zoom.

Aging isn't something that happens to us.

It's living. It's

experience.

It's power.

This May, in honor of Older Americans

Month, we join the national call to

"Change the

Perspective on Aging" and celebrate it for what it truly is, not what outdated stereotypes suggest. Yet, too often, aging is treated as a problem to be solved rather than a natural part of life to be celebrated. That mentality doesn't just hurt feelings. It hurts people. Studies show that when society undervalues older adults, it leads to worse health outcomes, fewer economic opportunities, and more social isolation. Ageism doesn't just hold back older adults. It holds back every member of society. Think about it. How many inventions, movements, and masterpieces have been

created by people who were told they were "too old" to dream big? How much stronger could our communities be if we recognized aging for what it truly is - a source of creativity, leadership, and strength? Georgia O'Keeffe became a celebrated artist after age 60, as did Julia Child, and there are many other examples. This month, let's shift our perspective. See aging as strength, not decline. Celebrate older adults as contributors, not burdens. Challenge yourself when you spot an ageist joke or assumption, even the ones we tell ourselves. At NYC Aging, we believe that changing perspectives

begins with action. It begins when we invite older adults into leadership roles, champion their talents, and create a city where all generations thrive. This May, let's be loud, proud, and unapologetic about the truth. Aging is not a problem. It's a victory. And it's one we should celebrate every day.



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