

A MESSAGE FROM THE PRESIDENT

Spring is sprung but somehow the weather is a little confused here in Texas, very warm one day, very cold another. Despite this, plants are beginning to blossom and I have beautiful purple irises to admire. I also admire the work our committee members are doing and I look forward to our virtual Leadership Conference in the fall. I would remind members to apply for the [Distinguished Educator in Gerontological Nursing \(DEGN\)](#) designation or recommend a non-member who meets the criteria to do so also.

Now back to a continuing conversation from Ashton Applewhite's book, *This Chair Rocks: A Manifesto Against Ageism* and my request for responses. Chapter 2 is about Identity. I must admit that I don't see myself as old (even though I have been offered a Senior Citizens Discount a time or two and my local hospital has sent me "fan mail" about becoming a member of their Senior's Group"). I am, instead, an old person in training. According to Applewhite, this designation acknowledges the inevitability of aging while transferring it to an undesignated time in the future. This allows planning for the future to be purposeful and imaginative. Even though aging may take a physical toll, being "in training" allows one to be "ageful." In choosing this path, I hope that whatever I choose to do, I will be doing what matters most with no one questioning my age or abilities, thus changing perceptions about aging in my world.

In our last issue I charged you to respond and tell me of the barriers in your life (life of loved ones) that need changing. Please email me at info@nhcgne.org with your response. If you want to view Ashton Applewhite's Ted Talk, [click here](#).



ALYCE ASHCRAFT, PHD, RN, CNE, ANEF, FNGNA
PRESIDENT, NHCGNE