

Aging Insights TV Episode 125- “Aging with Finesse: A conversation with Mary Flett, PhD”



Trenton, NJ (February, 2021) – What does it mean to age today – and to do so with finesse? Author Mary Flett, PhD, a clinical psychologist who worked extensively with aging adults and is a trained stand-up comic, shares her views with Cathy Rowe, DrPH, on Aging Insights TV.

“Aging with Finesse: A conversation with Mary Flett, PhD,” is the 125th episode of Aging Insights, produced by NJ Advocates for Aging Well with Piscataway Community Television. The program can be viewed on NJAAW’s website at www.njaaw.org, YouTube channel at www.youtube.com/njadvocatesforagingwell and public-access stations across NJ (check local listings for channels and times).

Dr. Flett, Executive Director of the CA-based Center for Aging and Values, chose “Aging with Finesse” as the title for a three-book series she recently published. The series includes “Valuing Ourselves as We Get Older,” “Connecting with Ourselves and Others as We Age” and “Essential Skills for Growing Old with Grace.”

“Older adults,” says Dr. Flett, “are adept at making changes – coping with a changing society, lifestyle, body and resources.”

She details what it takes to age in the 21st century as her “Five Pillars of Aging”: legacy, engagement, adaptation/accommodation, spirituality and economics. Economics, she explains, “also pertains to emotional economics, meaning ‘I am enough, I have enough, there is enough, and I have defined what is good enough.’” She talks about how older adults often have a “Plan A,” which is “I will age in place and die in my own bed,” but neglect to consider a “Plan B.”

“Aging with Finesse: A conversation with Mary Flett, PhD,” closes with a three-minute guided meditation that she leads.

Dr. Flett will soon be launching “Five Pillars of Aging” offering online seminars on aging.

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About NJAAW

NJ Advocates for Aging Well (NJAAW, njaaw.org) has been at the forefront of revolutionizing the aging experience since 1998. It is the only statewide nonprofit focused solely on providing leadership in public policy and education to enable older adults to live with independence and dignity in their communities. NJAAW’s social action issues include senior housing and hunger, elder economic security, older workers and transportation. Aging Insights, a monthly topical TV program produced by NJAAW, connects caregivers, older adults and their families to community-based services and resources. The show is available on NJAAW’s [YouTube channel](http://www.youtube.com/njadvocatesforagingwell) at [youtube.com/njadvocatesforagingwell](http://www.youtube.com/njadvocatesforagingwell) and [website](http://www.njaaw.org), as well as public-access stations across NJ (check local listings for channels and times). NJAAW also presents educational forums and an Annual Conference (June 13, 2022) offering development opportunities and best practices for professionals entrusted with caring for aging adults. Follow NJAAW on Facebook and Instagram @njadvocatesforagingwell and Twitter @njagingwell.