

Imagining the Future: Ageing in a New Age

Healthy Ageing Panel Envejecimiento saludable

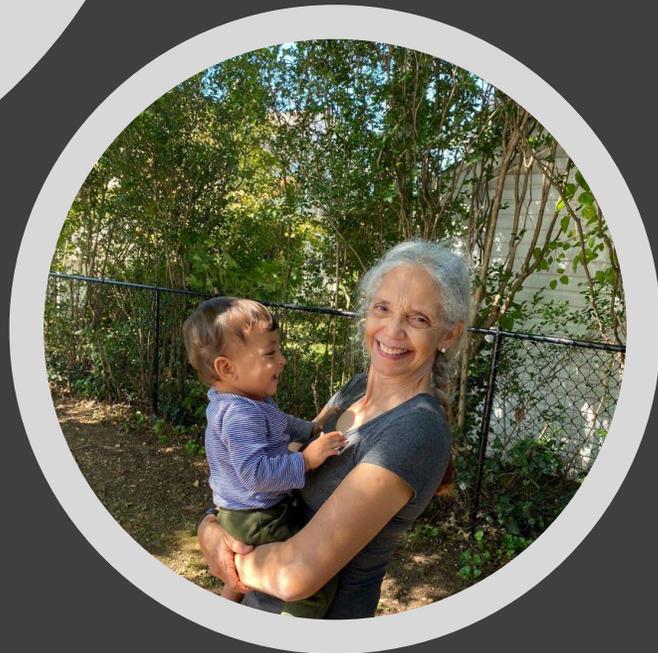


EarthMedic
EarthNurse
*Promoting Health of People
and Planet Together*



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Three Keys to Healthy Ageing

1. Keep an interest in life; keep engaged
 1. Hobby, research, teaching, small business, NGO etc
2. Stay physically active; The Grim Reaper walks at 2mph/ 3kph 😊 😊
3. Be resilient in face of illness and setbacks

Staying ahead of the Grim Reaper! 😊



<https://pubmed.ncbi.nlm.nih.gov> > ...

The Grim Reaper's preferred walking speed is 2mph/3kph

“Once a man, twice a child”

- Based on a Theory of *Retrogenesis* - meaning that we start out in life as a child, grow into an adult, then as we get **old** and lose abilities, both physical and cognitive, we become a child again in our needs.
- BUT – What is **OLD**?
- Is it a number – 45, 55, **66**, 75, 85, 105?
- Or is it the **capacity to lead a socially and economically productive life?**



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When I 'retired' from public health practice in 2019, I felt like my life had been like a river, which had followed a long and winding but rather predictable course – medical school, specialisation in epidemiology and public health, with increasingly senior positions Caribbean, UK and USA, mostly in PAHO/WHO.



I felt that I had arrived at an ocean of possibilities. An ocean or a sea much less well-charted than the predictable river; an ocean where there are fewer guides to help.



Options:

Cling to the familiar?

- Go back to UK/NHS?

- Academia?

Or take a risk?

- Start an NGO?

- Start a business?

Reflections 1 – many paths possible on ‘retirement’

- I could be a child again. I had the time, especially during COVID, to observe nature in our garden in Port of Spain, Trinidad.
- I make wildlife videos for our grandsons in NY!
- I tried to cling to the familiar but doors closed in my face, in CARPHA, in NHS/UK, in academia - UWI
- At home, I built a woodwork shop and set up “**Papa Bois Woodworkers**”. To convert my hobby of woodworking into a small business. Any profits are donated to Earth**Medic** and Earth**Nurse**.

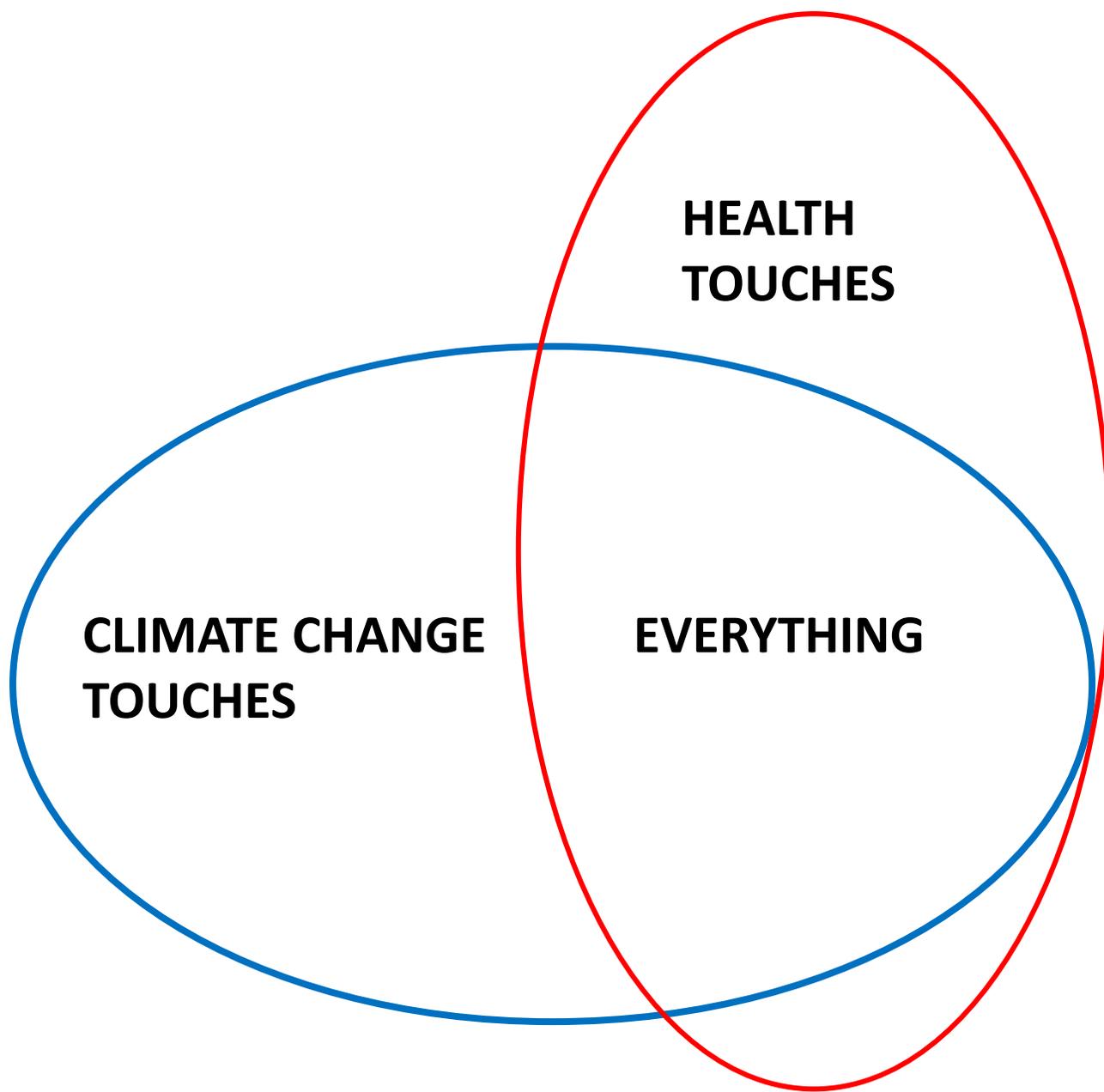
Patient Earth is sick!



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Reflections 2

- I could not 'retire', knowing what I knew about climate change.
- I felt called to work on the climate change crisis that the world is facing. The Caribbean SIDS are on the front lines, with hotter, drier weather overall, more Category 4/5 hurricanes, and inundations of rain.
- Climate change is destroying the conditions for life. The unprecedented, deadly heatwaves in the Pacific Northwest of the United States, the deadly floods in NYC, are recent examples
- The climate crisis is an unprecedented threat to people of all ages, and the mission that we are pursuing is to mobilise health professionals to wake up and act on the climate crisis, through the founding of the **EarthMedic and EarthNurse Foundation for Planetary Health**. It has been a 'walk on water' experience!



Climate Change and Health in Small Island Developing States

FOCUS ON THE CARIBBEAN

A Virtual Conference on October 5-8, 2021

Join the Caribbean community and international partners for four days of immersion in the science of climate change and health in the Caribbean, identifying knowledge gaps, posing solutions, resource

sharing, and empowerment, as we work together to address the critical public health issue of climate change.

 **Free Registration here:**
bit.ly/climate-sids



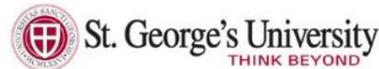
Simultaneous English to Spanish and English to French interpretation available



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JAMAICA, WEST INDIES



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25+ Caribbean and global partners joined forces to address the climate and health crisis

Join us

Take the EarthMedic/Nurse Pledge and Take Action!

I'm a Medic

Climate Change is
a Health Crisis

**A Push for the World
to Start Anew**

I pledge to improve
my health, our society
and my planet

I'm a Medic



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Thank You! Muchas Gracias!

