



## ***The Value of Wrinkles***

### **Read-aloud Discussion Guide**

*Created to engage the seniors in your community*

*A note to Program/Activities/Life Engagement staff & family members:  
Thank you for all you do to engage older adults! This guide is a work in progress,  
therefore, I'd love to gather any thoughts you have to make this a more effective  
resource!*

*Also, if residents or seniors are interested in sharing any of their responses, I'd love to  
read their responses and even share them with my audience. **Email me their first  
name, age, and response.** Their responses will help to raise awareness on how we, as  
a society, can love seniors more.*

*Email Isabel Tom at [isabelctom@gmail.com](mailto:isabelctom@gmail.com). Enjoy!*

#### **Introduction: Don't Miss Out**

Suggested reading: p.14, paragraph 2

- How do you feel about terms like “senior citizen”, “elder”, or “older adult”?
- As an older citizen or community member, how do you prefer to be addressed?
- Are any of these terms offensive to you?

#### **Chapter 1- That Wasn't a White Hair, Was It?**

Suggested reading: p.19-20 (explain that this an account of a “young” adult”)

- Why do you think people are afraid to age?
- How do you feel about aging?

#### **Chapter 2 - I've Got Time For You**

Suggested reading: p.39-40 (read section “Time to Encourage Us”)

- As you have aged, do you feel you now have more time to notice the needs of others?
- Do you know anyone in your life who could use some encouragement?
- How could you encourage them?



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### **Chapter 3 - Your Invitation Speaks Volumes**

Suggested reading: p. 47

- Do you ever feel excluded from society as an older adult? When? Where?
- How can your family or community do a better job of including older adults?

### **Chapter 4 - Real-Life Encounters**

Suggested reading: p. 66-68 (read section “First’s” and explain how the author is sharing her some of her first experiences working in a senior living community)

- Are there certain misconceptions that you feel people have about older adults?
- Are there certain things that have surprised you about aging?

### **Chapter 5 - An Untapped Resource**

Suggested reading: p. 85-87 (read section “The Qualification of An Expert”)

- What are some special skills that you have that a younger person could benefit from?
- What do you have a lot of experience in?
- Have you used had the opportunity to share recipes, skills, and expertise with a family member or friend?

### **Chapter 6 - Step Up**

Suggested reading: p. 95-96

- How do you think older people should be treated?
- How do you feel when people say caring for old people is like caring for babies?
- Do you wish they wouldn’t say that?
- What do you wish those younger than you knew about aging?
- Do people ever help you with things that you are capable of doing on your own?

### **Chapter 7 - When You’ve Got a Lemon**

Suggested reading: p. 113 -115 (read section “How to Love the Lemon”)

- What makes aging challenging?
- Do you feel those in your circle understand this?
- What puts you in a good mood? Music? Sleep? Seeing family? A hug? The outdoors? Good food?



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#### **Chapter 8 - Old is Healthy**

Suggested reading: p. 144 (read section “You Can Still Do It” and stop at paragraph 2 “...Because even as the years bump up, you and I are still capable.”)

- What is something you have accomplished later in life or recently that you are proud of?

#### **Chapter 9 - Take Advantage of the Sweet Spot**

Suggested reading: p. 183 (read first paragraph of “Take More Pictures”)

- Do you have a favorite family photo?

#### **Chapter 10 - Her Sitting Years**

Suggested reading: p. 192-195 (read section “Her Sitting Years”)

- Although Mama’s health was poor, how was she a blessing to her family?
- Based on those ideas, what are some ways you may be blessing those around you without even knowing it?

Suggested reading: (read p. 195-196, “A Stable Presence”)

- Have you ever considered that your family depends on you as a stable presence?
- Remind senior that “even when their bodies are failing, their worth is not waning.”

#### **Additional conversation starters**

- “Take Notes” section on p.92-93 includes questions to ask seniors
- What do you wish people knew about aging?