

IWD2022

## EXCLUDED ELDER WOMEN

Which are the Beckoning Hands That Bring Change?

I stared at the road, stunned. We cannot believe that after 31 years of full-time unpaid volunteer activism I, Mira, feel like I have just started at the age of 76 years old!

I live in the same community since 48 years now and two modest community venues, of the former pre-90s system, a Public Library, a Community Park disappeared, and there was nothing I could do to save them. The authorities ignored our voices and calls for preservation. Furthermore, no steps ahead have been taken by the local government to alleviate the community with social and health services, rendering the neighborhood unfit for seniors and children.

I still attend visionary international meetings, read non-stop, etc. in order to develop skills to enact change in my social and community life. Nonetheless, despite the years going by, the ageing platform in Albania is on standby ever since my younger years. Mastery requires consistency and hard work, but most of our effort, lobbying and requests are outright failures. I am ashamed to always repeat the same phrases regarding the situation of the elderly in Albania. We, unfortunately have a serious lack of institutional structures. Our local government has failed repeatedly to include ageing in their long-term governance programmes. Our efforts seem to have no impact or pull on local authorities.

I reach old age without enjoying any change in favor of older women. We remain an unlucky generation.

# The European Day of Solidarity between Generations

## April 29th, 2022

Promoting intergenerational solidarity and cooperation in age-friendly settings is the only right approach to respond to Albania's demographic challenge (50% young/50% elderly threshold) ASAG's representatives have travelled throughout the country, attending, observing and writing about various public forums.

In each case, the prevailing issues are integrity, poverty of elderly and inequality.

We have ascertained that despite the government claims about investments and institutional response, the communities have not experienced any tangible betterment.

This total indifference to the elderly demographic is an extension of a local government failure to tackle real issues that affect the residents, incompetence and lack of any sense of responsibility that comes with it.

University of Elbasan students express their solidarism with the issues affecting elderly, who have felt muted for decades. A younger voice to persisting issues.

The elderly have withdrawn into silence, as an act not of surrender but of resistance, supporters of ASAG believe the future starts right now, and we must build it together.



**Gentleness, Kindness and Trueness always wins!**



## International Women's Day / 8 March 2022

### #IWD2022 #BreakTheBias

In the International Women's Day on March 8th, elderly women called on Albania and the international community to act on their commitments to recognize the UN Convention, thus enhance the support towards older women's rights.



**#AgeWithRight**  
**3 March 2022**  
**ALBANIA Older Women**  
Join Global Rally 3 March 2022



**Older Women Opportunity!**  
**Creative Energy is Ageless**  
**Independence, Dignity and Purpose.**  
**#OEWG12**



**#SpeakUpforOlderWomen**

**ALBANIA Older Women**  
Join #IWD2022  
**#BreakTheBias**

**Creative Energy is Ageless**





## Meeting Pogradec City: Municipality & Association of Business Women & ASAG

*Cross your arms to show solidarity.*

The journey of women to survival or success in entrepreneurship is more difficult than men, even though they are exposed equally to problems such as corruption or informality and dishonest competition.

Business-women share with the audience the rewards of applying their own best creativity in the struggle against poverty have created a realistic look on life, balance and beauty, despite the painful difficulties.

Older women with a lot of experience use feedback to improve their own business strategy.

They focus on a positive mindset and inspirational solidarity!

Our acknowledgment and gratitude goes to women who keep their communities up to date by sharing their abilities and skills to generations and by employing the family and the communities.

*"Economic depression cannot be cured by legislative action or executive pronouncement. Economic wounds must be healed by the action of the cells of the economic body - the producers and consumers themselves"* Herbert Hoover





# # SheInspires

**J**an Hively is a living testament to her personal credo of maximizing productivity and assuring “meaningful work, paid or unpaid, through the last breath.” After playing leadership roles in government and education for more than two decades, she received a Ph.D. in education for work and community from the



University of Minnesota in the spring of 2001 at the age of 69. In 2006 Hively was named a Purpose Prize Fellow by Civic Ventures for her work as a social entrepreneur. Her focus on aging and work came out of past professional positions in community outreach, planning and administration for public and nonprofit organizations. Encore entrepreneur Jan Hively creates networks for older adults to share their strengths to help each other, themselves and their communities. In 2013, Jan Hively and Moira Allan launched the global Pass It On Network in Paris to share creative insights and a new way of being as older adults adapt to longer life spans.

**A**shton Applewhite American activists, humorists, non-fiction writer, feminist writer, etc. Was an Influencer in Aging in the Year 2016. She is currently a leading spokesperson for a movement to make ageism as unacceptable as any other prejudice. Old and Young Are Stronger Together. We are all old or future old, and joining forces across our years offers a unifying cause in these divided times.



*Two women, who are extraordinary, advocate woman and a role model in favor of successful aging! They have the ability to inspire particularly older women, as women determined to work with a sense on the new vision of aging! They speak intensely with a deep sense of integrity and appreciation of change in favor of society as a whole.*

# How Female Artists Are Subverting Mainstream Portrayals of Women

This subject is at the foreground of the current exhibition “My Body, My Rules” at the Pérez Art Museum Miami (PAMM), open to the public until September 2021. This group show, organized by Brazilian curator Jennifer Inacio, features over 20 female artists from around the world and aims to examine “the mainstream portrayal of women, confronting the stereotypes, violence, limitations, and ideals imposed on the disputed image of the female body.” According to Inacio, the title of the exhibition is envisioned as a chant of empowerment, echoing the famous feminist slogan “my body, my choice.”



Frances Goodman

## Do not demand any promises

Do not demand any promises,  
Promises like keys can be lost,  
Do not demand constant love,  
Eternity and the shadows of death lurk nearby,  
Never demand any unsaid words,  
Words mean no more than objects.  
Demand only that I change one moment  
in your long life.



*Mrs. Rita Petro, an Albanian poet, editor and publisher in Tirana*



## International Women's Day / 8 March 2022

### Why Are We So Trapped?

It's not older women who are trapped. We are being forced into being passengers in the vehicle of failed policies. It is much easier to understand how to advocate for specific, local solutions. That is the level at which meaningful change originates anyway, a way to reframe the older women conversation around community as women, who are on the front lines of preserving their families and communities. The older women in their communities are the ones doing the work of surviving, recovering, and building resilience. Shouldn't theirs be the voices we listen to and follow?

The ageing movement's most important action now is to amplify the work and stories of older women, so as to help their community. At this time of unprecedented challenge, these women are the survivors we must turn to. These are the leaders who are creating real results and who hold the necessary understanding of what it means to live in sustainable harmony with the community.

An acknowledgement has to come in order for us to survive. Addressing histories of mass violence have to include both material reparations and public and visible symbolic gestures.

Reparations can mean far more than money in someone's pocket. They can contribute to repairing the social fabric that has been torn apart by institutional violence.

As a society, we have forgotten the role that human beings are meant to play in the larger society system.

As we plan for a future, we need to ensure that diversity of all kinds - gender, age, education and perspectives - are represented.

The time is coming when older women's seat at the table is non-negotiable.

Our world needs a lot of solidarity.

This time is now.

### Quote of the Time

"Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step." - **Lao Tzu**

## SOME ASAG FACTS

It's fun to dig through old files and find these hidden gems.

ASAG has been the coordinator between the government and the UNO. A report on Ageing in Albania was prepared by a high-level mission of the UN. It emphasized:

“... International cooperation in the area of population and development studies, including population ageing, remains limited.

The national infrastructure on ageing is underdeveloped. The mission noted a lack of coordination among government offices dealing with ageing and related socio-economic and demographic issues. Lack of coordination means that the concerns of older persons are not sufficiently integrated into the policies and programmes of various government entities.

In formulating its recommendations, the mission focused on measures aimed at strengthening the national capacity of Albania to address the challenges of its ageing society.

The proposed recommendations are organized into four groups, which represent essential elements of national capacities:

- Institutional infrastructure;
- Policy process and policy measures;
- Research, data collection and analysis;
- Human resources;

These recommendations contain proposals to strengthen national capacity in Albania to respond to the challenges of population ageing. DESA's Division for Social Policy and Development could assist the Government of Albania in several areas, working in partnership with the Ministry of Labor, Social Affairs and Equal Opportunities and other agencies as appropriate. Such partnership will target existing gaps in information and skills, identifying and engaging stakeholders, both internal and external to the government, who would be willing to collaborate on ageing activities...”

### REPORT OF A FACT-FINDING MISSION

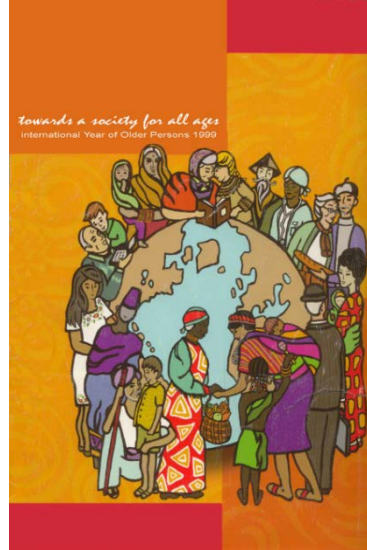
10 – 13 OCTOBER 2011

POLICIES AND PROGRAMMES FOR OLDER  
PERSONS IN ALBANIA

The mission consisted of two UNDESA / DSPD staff members: Mr. Oleg Serezhin, Technical Cooperation Unit and Mr. Robert Venne



## 2001- Platform for a society for all ages inspired by the poster of the International Year of the Elderly '99



*April 20, 2000 first conference on aging by ASAG*

*MIPAA was translated into Albanian and distributed by ASAG in Albania. This Political Document was agreed and signed by the Albanian President and Government during the Second World Assembly on Ageing, Madrid 2002.*





# Funds of women's NGOs in Albania

Women NGOs and the need to renovate

Published 19 March 2009 Albanian daily newspaper 'Koha Jonë' by Mira Pirdeni

<http://www.arkivalajmeve.com/Fondet-e-OJQ-ve-te-Grave.212158/>



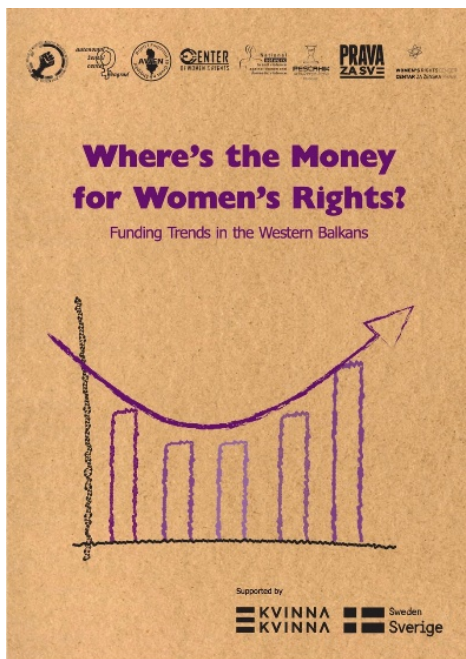
*"We need a radical transformation of how we relate to money. This relationship is affected in many ways by long-standing patriarchal beliefs and our sense of entitlement to funding. Our causes are just and therefore worthy of resources to support them and turn them into a reality for all people of the world".*  
Lydia Alpízar

...Our exclusion, which, of course, is not accidental, is causing negative consequences.

The global movement of woman launched a strategic initiative **"Where is the Money for Women's Rights"**, aiming to gain knowledge of the funding trends, to better understand how to expand the resource base for women organizations, to influence the policies and practices of donors in different sectors.

This is how we can get an updated snapshot of key funding trends affecting Women's movements in the world as well as expose the importance of learning from collaborative and mobilization experiences, finding innovative ways of leveraging the programs, highlighting the importance of building bridges and lastly realistic donor commitments....

## 2021/ PR & Slogans & Corporate Dictionaries



Philanthropy extracts the same topics from the archives, every decade!

Philanthropy Needs to Change the Way it thinks about elderly women! Philanthropy invests and behaves as if those most impacted by the systems we want to change are not knowledgeable and trustworthy designers and decision makers.

External agendas and imposed priorities force local leaders to disregard their own knowledge, which is the medicine of local conditions, and instead adopt strategies that are guided more by the desires of donors than by the actual needs of communities.

### Shrewd Awakening

*After many years of excluding the ageing community, philanthropy need starting to make changes. "Centering Ageism" must to offers critical perspectives and recommendations in centering Ageism and in philanthropic efforts.*

## Time for Philanthropy to Confront Ableism

If philanthropy is to build a more just and equal society, it must combat ableism in its own institutions and practices.

[https://ssir.org/articles/entry/time\\_for\\_philanthropy\\_to\\_confront\\_ableism?utm\\_source=Enews&utm\\_medium=Email&utm\\_campaign=SSIR\\_Now#](https://ssir.org/articles/entry/time_for_philanthropy_to_confront_ableism?utm_source=Enews&utm_medium=Email&utm_campaign=SSIR_Now#)



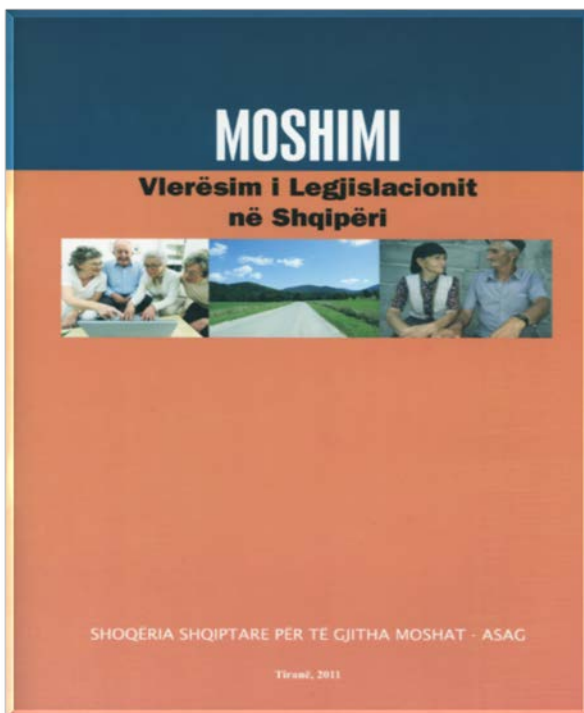
## Ageing and Political Indifference

Published in the newspaper 'Telegraf' 20 September 2013 by Mira Pirdeni

## Once upon a time... some funding crumbs for ASAG activities supported by UNFPA Albania

Study “Ageing, Legislative Evaluation in Albania” has two chapters:

- Guarantees provided by the legislation on ageing.
- Identification of legislative gaps and recommendations



Famous artists: humorist Skender Sallaku, Mrs. Lili Cingu doing a folk dance.



## “My dad was my role model; he always did the right thing” Aaron Judge

This picture was fired in the home of Nils Bohr, in his work studio, at a moment of scientific debate with his son Aage Bohr. Meanwhile, father and son argues for the latest theory of physics, he does not remain after imitating, writing in the black dender, Thomas Bohri small 6 years old, his grandson.

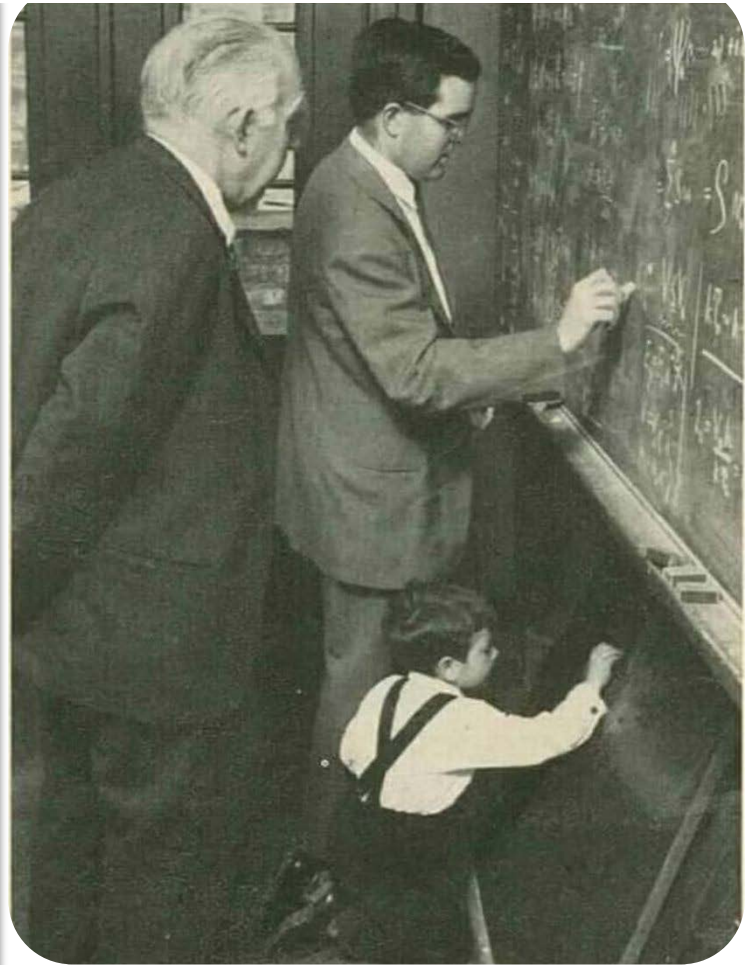
Bohr family, a well-known Danish family, is a real dynasty in the field of physics:

- Nils Bohr (1885-1962), left in photo, Nobelist Physician (1922), known for the atom model bearing his name; One of the founders and interpreters of the framework (Copenhagen School). We have a member of the National Football Team of Denmark.

- AAGE Bohr (1922-2009), right in the picture, scrolling in the black dere; Even the Nobelist Physician (1975), specializing in the field of aquatic physics, but also a well-known cyclist, in the years of reinforcement.

- Tomas Bohr (1960), and physicist, today lecturer of theoretical physics at the University of Copenhagen.

Three prominent physicists, forming a family tradition, an example showing that the inclinations may be inherited, but the picture shows that they are also cultivated (little Thomas, though he does not understand the debate between grandfather and the father, is educated with his own spirit).



## Older women: the hidden workforce

A look at some schools in Tirana 'Grandmothers wait in the rain or sun for grandchildren when they leave school' 'They carry the school bag which is very heavy.

*(Heavy bag do not make you a genius)*



The most fundamental form of security, GRANDMOTHER



"Grandma is the best!"-so he has  
titled Keilo Known Viennese Painter  
Adolf Hallorg (1847-1921)



## Tagline: “helping municipalities count nature”

ASAG opposes local government’s greedy plan to increase construction space at every corner of the city sacrificing nature and urban planning disregarding the community needs and the mental health benefits of green spaces.

Shouldn’t we try to listen, share our perspectives, and build some bridges?

Getting local residents on board is an emergency!

People and communities need to play a leading role in determining their development.

Their first-hand knowledge equips them with the experience and expertise to create campaigns and policy solutions that really work and better their livelihoods.

Community action demystifies the development process, introduces the actors involved, and provides community-led development strategies for development.

We have put community’s resilience to the brink and drastic measures need to happen now not later.

**Stop** to infrastructure projects, which harm the environment and violate the rights of local communities. Projects planning, monitoring and audit processes that fail to adequately consider community views and cause social and environmental harm/disaster need to be challenged.

**In the massacre of the trees, which do not even move elsewhere, an old journalist Andrea Nathanaili was seen crying! How do we change this tunnel vision to nowhere?**



“Urban trees do not just store carbon, they reduce stormwater, they improve air and they provide energy savings in terms of heating and cooling. They are like utilities, McPherson says  
“They provide incredible services.”





The Mayor of Tirana, Mr. Erion Veliaj, who comes from the 'Mjaft' defunct organization, which enjoyed preferential support in order to ensure his ascend into politics.



Local government without community vision

**C**ommunity interests include not only ecological communities, but restoration of our relationships with nature, which our traditional cultures respected as vital to a healthy longevity. We think we are superior to nature, when in reality, we are a part of it and we cannot live without it.

John Mohawk (a Seneca scholar) wrote that according to his culture, “an individual is not smart but merely lucky to be part of a system that has intelligence. Be humble about this. The real intelligence isn’t the property of an individual; the real intelligence is the property of the universe itself.”

**Occupied public spaces, narrowed sidewalks, etc. create hardship to all members of the community, regardless of age just to ensure a little profit for few!**



### **Grandparents make us better community**

Enhance the capacity of communities to have inclusive recreational spaces for all individuals.

# DANCE FOR MOTHER EARTH'S INFINITY – ART & POEM

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## Dance for Mother Earth's Infinity

Respect Mother Earth and she will  
Feed, clothe and shelter you,  
Mind, body and soul,  
Destroy her and she can only show you  
A wasteland,  
Where spring flowers are a distant memory.

####

By Jane Evershed



## An experience from EURAG meetings

### EURAG CONFERENCE

#### "PARTICIPATION OF SENIORS IN THE DECISION MAKING PROCESSES"

Budapest, 17. 09. 2021

**I** am impressed by this face-to-face meeting at the EURAG Budapest conference on "PARTICIPATION OF SENIORS IN THE DECISION MAKING PROCESS" under the personal care of Eva and Gábor Hegyesi, Gergely Karácsony / Mayor of Budapest, Mayors of different Districts of Budapest, cities Szekesfehervar, Mor, elderly organizations and many other important actors!

ASAG left Budapest inspired and full of positive impressions (hard to avoid) from these attractive, friendly, comfortable and valuable experiences!

In the past cities didn't have the right knowledge and approach to aging. Focused on what seniors could no longer do and primarily putting resources into nursing homes, deprived seniors from the ability to further contribute in their communities.

Today the concept of ageing has changed "it is about strengthening resources and capacities, empowering, and enabling elderly people to stay or become active citizens".

The topics presented in this meeting are of interest to me and all of, for that, they further our knowledge of aging and inspire us to return home with better models.

This meeting is real and an ideal opportunity to put into action exactly what and the President of EURAG, Mr. Dirk Jarre stressed 'The representation and participation of EURAG in the decision making processes of various European bodies'.

In our "zoom meetings", the podium is full of voices and ideas about the problems that affect the elderly today. We are so attached to the idea of keeping our options open that we never commit to anything. Problem of options is that they delay commitment, that require effort, accountability, and commitment. I believe this conference will bring those voices together and synthesize them in an action plan.

Let's enjoy challenges and expand our frontiers by working together. I like teaching the wonder of Ageing. As we age our perspectives change and our knowledge is of value, a value that we can share with younger generations.

There is no age limit to elderly. My current activities in

ASAG association are major parts of my life. What grace that humans become so naturally kind when connected.

Thank you for making ASAG part of the EURAG Team!



Imagine the human energy that could be released if older people had the security to do what they have in mind!

This photo taken during the Budapest event was taken in order to open a door for Albanian Older Women and to ensure our work delivers real impact in the corridors of power!



## Some activity photo





## Healthy and Age Friendly Cities in the Albanian media

1. Ora News TV - Albanian elderly without support: <https://www.youtube.com/watch?v=SZRaqELvIH0>  
<https://www.youtube.com/watch?v=S8134fF7apc>
2. <https://www.youtube.com/watch?v=XNFRhutTM98> Fax News TV  
<https://www.youtube.com/watch?v=RrFIB66kERA> euronews albania TV  
SCAN TV - Government program <https://www.youtube.com/watch?v=jYopuKgCA4w>  
Pirdeni: **We never know the budget for seniors in our community, etc.**



Protest: Rising prices "punish" Albanian pensioners:  
*Desperate protest for desperate times...*

A2 CNN TV / <https://www.youtube.com/watch?v=vBaUTxB9PQE>  
Top Channel TV / <https://www.youtube.com/watch?v=USzeMEtb8k8&t=13s>

**There are plenty of policy initiatives this country desperately needs. Governments of all persuasions are also complicit about poverty; there will inevitably be an almighty reckoning. And it won't be pretty.**





# Take action against elderly poverty!

## Your voice matters

## To end ageism.

Interview by Aneta Mihali Xhiku

Saranda via Neta - Straight Talk

Albanian veteran soccer player, Dinamo's champion Thoma Duro, talks about extreme poverty of the Albanian society, particularly on the elderly, and calls on the government for a reality check.

<https://www.youtube.com/watch?v=oHkT7KJkvoM>



Aneta Mihali Xhiku, a freelance journalist, contributes with articles and interviews in advocating campaigns against poverty and ageism. There are things we can do about them as individuals, from small changes in our words, to affecting how our government behave. It's important everyone understands that ageism is not okay. A healthy society value diversity, equity and inclusion.



I want you to give me a pension.



# Older Women Self-Care Is a Political Act



The challenges of the elderly women are global, national and local. They have the potential to give birth to what is new—transforming information and energy into a society for all ages that heal each other and the world at large.

## **The Doughnut Economics Model in Relation to Health and Wellbeing.**

**Doughnut Economics** offers a new model for economics, based around the ‘doughnut’, which values human well-being and advocates for a ‘regenerative and distributive economy’, socio-environmental performance in accessible terms.

Recovery from COVID-19 could be doughnut shaped. Helping people to age well is a new healthcare priority. In dealing with an ageing society, the focus must expand beyond the current old to include the young and people in middle age. Ageing well is a lifelong process through lifestyle changes. This combination of longevity and wellness makes delayed ageing incredibly valuable. We must ensure that our response to an ageing population goes beyond supporting the elderly to ensuring that the current young become the healthiest future old. The pandemic has further highlighted the necessity for more fundamental investment in health and revealed the need for greater investment in other socio-economic priorities, especially in countries with protracted transition such as Albania, where our capital Tirana is nonfunctional for all ages.

Our lives will have more meaning because we will have a greater sense of community, cooperation and connection, rather than focusing on individualism.

Since 2017, the English economist Kate Raworth’s creative use of the metaphor of a doughnut for a fresh approach to economic development has captured imaginations in cities around the world.

[#doughnuteconomy](#) [#humaneconomy](#) [#purposedriven](#)  
[#forpurpose](#) [#climatechange](#) [#peoplecentered](#) [#wellbeing](#)

*“You often feel tired, not because you’ve done too much, but because you’ve done too little of what sparks a light in you.” - Alexander Den Heijer*

*(Nicole Krzysczyk is currently writing her thesis for her Master in Public Health at the University of Bielefeld in Germany, under the supervision of Victoria Saint and Prof. Kerstin Hämel.*

*Her master thesis is entitled: “Qualitative study on the relevance of the doughnut economics model for improving health and wellbeing in Europe”. It aims to explore stakeholder perspectives and experiences regarding the potential adaptations and applications of this model in Europe at different levels (e.g. communal, city, national and European) in ways that can contribute to improving health and wellbeing at an individual and society level.)*

