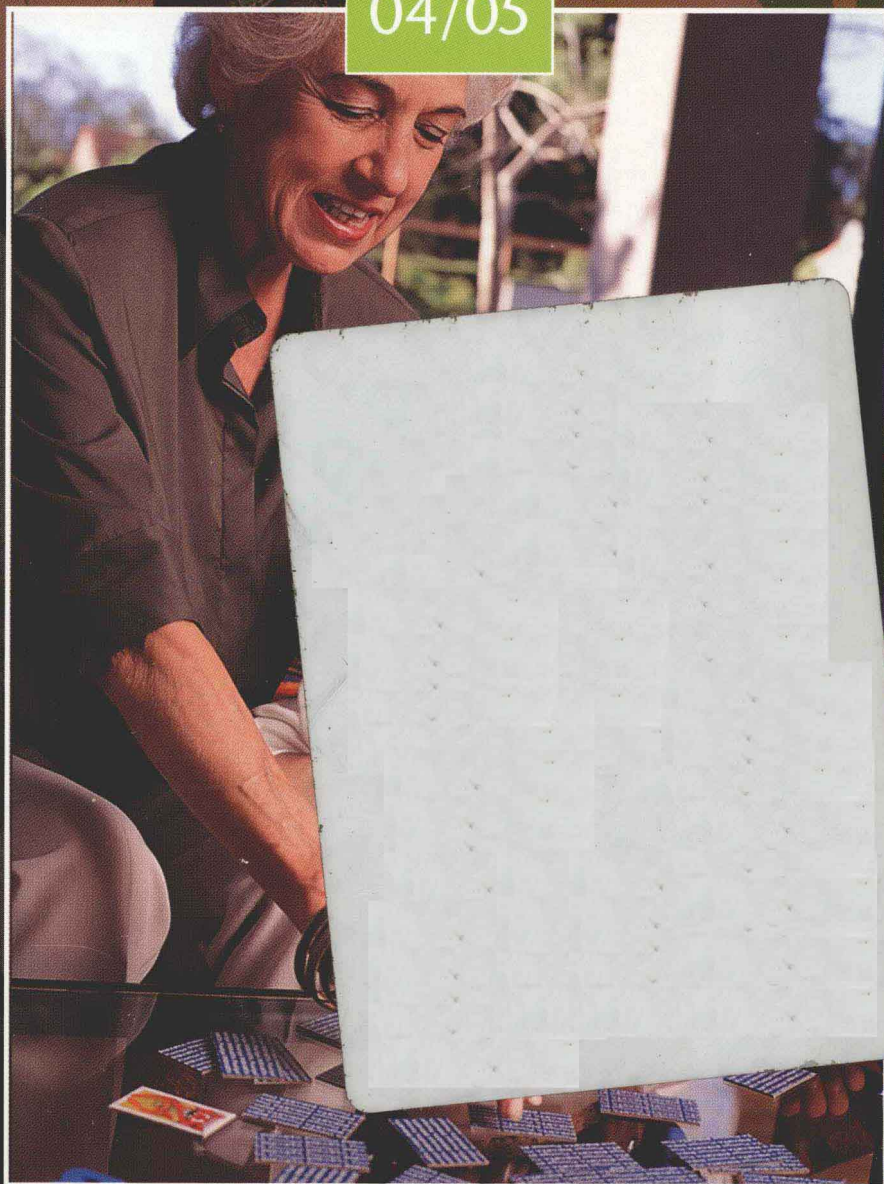


ANNUAL EDITIONS

Aging

04/05



Aging

Sixteenth Edition

04/05

EDITOR

Harold Cox

Indiana State University

Harold Cox, professor of sociology at Indiana State University, has published several articles in the field of gerontology. He is the author of *Later Life: The Realities of Aging* (Prentice Hall, 2000). He is a member of the Gerontological Society of America and the American Sociological Association's Occupation and Professions Section and Youth and Aging Section.

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Sixteenth Edition

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Members of the Advisory Board are instrumental in the final selection of articles for each edition of ANNUAL EDITIONS. Their review of articles for content, level, currentness, and appropriateness provides critical direction to the editor and staff. We think that you will find their careful consideration well reflected in this volume.

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To the Reader

In publishing ANNUAL EDITIONS we recognize the enormous role played by the magazines, newspapers, and journals of the public press in providing current, first-rate educational information in a broad spectrum of interest areas. Many of these articles are appropriate for students, researchers, and professionals seeking accurate, current material to help bridge the gap between principles and theories and the real world. These articles, however, become more useful for study when those of lasting value are carefully collected, organized, indexed, and reproduced in a low-cost format, which provides easy and permanent access when the material is needed. That is the role played by ANNUAL EDITIONS.

The decline of the crude birth rate in the United States and other industrialized nations combined with improving food supplies, sanitation, and medical technology has resulted in an ever-increasing number and percentage of people remaining alive and healthy well into their retirement years. The result is a shifting age composition of the populations in these nations—a population composed of fewer people under age 20 and more people 65 and older.

In 1990 approximately 3 million Americans were 65 years old and older, and they composed 4 percent of the population. In 2000 there were 36 million persons 65 years old and older, and they represented 13 percent of the total population. The most rapid increase in the number of older persons is expected between 2010 and 2030 when the “baby boom” generation reaches the age of 65. Demographers predict that by 2030 there will be 66 million older persons representing approximately 22 percent of the total population. The growing number of older people in the population has made many of the problems of aging immediately visible to the average American. These problems have become widespread topics of concern for political leaders, government planners, and average citizens.

Moreover, the aging of the population has not only become a phenomenon of the United States and the industrialized countries of western Europe, but it is also occurring in the underdeveloped countries of the world as well. An increasing percentage of the world's population is now defined as aged.

Today almost all middle-aged people expect to live to retirement age and beyond. Both the middle-aged and the elderly have pushed for solutions to the problems confronting older Americans. Everyone seems to agree that granting the elderly a secure and comfortable status is desirable. Voluntary associations, communities, and state and federal governments have committed themselves to improving the lives of older persons. Many programs for senior citizens, both public and private, have emerged in the last 15 years.

The change in the age composition of the population has not gone unnoticed by the media or the academic community. The number of articles appearing in the popular press and professional journals has increased dramatically over the last several years. While scientists have been concerned with the aging process for some time, in the last two decades there has been an expanding volume of research and writing on this subject. This growing

interest has resulted in this sixteenth edition of *Annual Editions: Aging 04/05*.

This volume is representative of the field of gerontology in that it is interdisciplinary in its approach, including articles from the biological sciences, medicine, nursing, psychology, sociology, and social work. The articles are taken from the popular press, government publications, and scientific journals. They represent a wide cross section of authors, perspectives, and issues related to the aging process. They were chosen because they address the most relevant and current problems in the field of aging and present a variety of divergent views on the appropriate solutions to these problems. The topics covered include demographic trends, the aging process, longevity, social attitudes toward old age, problems and potentials of aging, retirement, death, living environments in later life, and social policies, programs, and services for older Americans. The articles are organized into an anthology that is useful for both the student and the teacher.

The goal of *Annual Editions: Aging 04/05* is to choose articles that are pertinent, well-written, and helpful to those concerned with the field of gerontology. Comments, suggestions, or constructive criticism are welcomed to help improve future editions of this book. Please complete and return the postage-paid *article rating form* on the last page of this volume. Any anthology can be improved. This one will continue to be—annually.



Harold Cox
Editor

Topic Guide

This topic guide suggests how the selections in this book relate to the subjects covered in your course. You may want to use the topics listed on these pages to search the Web more easily.

On the following pages a number of Web sites have been gathered specifically for this book. They are arranged to reflect the units of this *Annual Edition*. You can link to these sites by going to the DUSHKIN ONLINE support site at <http://www.dushkin.com/online/>.

ALL THE ARTICLES THAT RELATE TO EACH TOPIC ARE LISTED BELOW THE BOLD-FACED TERM.

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- 39. Lawmakers Troubled About Nursing Home Abuse

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- 4. The Centenarians Are Coming!!
- 17. Successful Aging: The Second 50
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- 31. Start the Conversation

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- 36. Soaring Cost of Prescriptions Send Seniors South of Border

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- 17. Successful Aging: The Second 50

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- 27. Retirement Patterns and Employee Benefits: Do Benefits Matter?

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- 37. "Should a Portion of Social Security Funds Be Invested in the Stock Market?"
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- 23. Waiting Longer for Social Security
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- 32. (Not) the Same Old Story
- 35. The City of Laguna Woods: A Case of Senior Power in Local Politics

Work

- 4. The Centenarians Are Coming!!

World Wide Web Sites

The following World Wide Web sites have been carefully researched and selected to support the articles found in this reader. The easiest way to access these selected sites is to go to our DUSHKIN ONLINE support site at <http://www.dushkin.com/online/>.

AE: Aging 04/05

The following sites were available at the time of publication. Visit our Web site—we update DUSHKIN ONLINE regularly to reflect any changes.

General Sources

Alliance for Aging Research

<http://www.agingresearch.org/>

The nation's leading non-profit organization dedicated to improving the health and independence of Americans as they age through public and private funding of medical research and geriatric education.

ElderCare Online

<http://www.ec-online.net/>

This site provides numerous links to eldercare resources. Information on health, living, aging, finance, and social issues can be found here.

FirstGov

<http://www.firstgov.gov/>

Whatever you want or need from the U.S. government, it's here on FirstGov.gov. You'll find a rich treasure of online information, services and resources.

GoldenAge.Net

<http://www.mediasrv.swt.edu/goldenage/intro.htm>

This "super site" has information on aging, including links to listserv, usenet, and resources on aging.

UNIT 1: The Phenomenon of Aging

The Aging Research Centre

<http://www.arclab.org/>

The Aging Research Centre is dedicated to providing a service that allows researchers to find information that is related to the study of the aging process.

Centenarians

<http://www.hcoa.org/centenarians/centenarians.htm>

There are approximately 70,000 centenarians in the United States. This site provides resources and information for and about centenarians.

National Center for Health Statistics

<http://www.cdc.gov/nchs/agingact.htm>

NCHS is the Federal Government's principal vital and health statistics agency. NCHS is a part of the Centers for Disease Control and Prevention, U.S. Department of Health and Human Services.

UNIT 2: The Quality of Later Life

Aging with Dignity

<http://www.agingwithdignity.org/>

The non-profit Aging With Dignity was established to provide people with the practical information, advice and legal tools needed to help their loved ones get proper care.

The Gerontological Society of America

<http://www.geron.org>

The Gerontological Society of America promotes the scientific study of aging, and it fosters growth and diffusion of knowledge relating to problems of aging and of the sciences contributing to their understanding.

The National Council on the Aging

<http://www.ncoa.org>

The National Council on the Aging, Inc., is a center of leadership and nationwide expertise in the issues of aging. This private, nonprofit association is committed to enhancing the field of aging through leadership, service, education, and advocacy.

UNIT 3: Societal Attitudes Toward Old Age

Adult Development and Aging: Division 20 of the American Psychological Association

<http://www.iog.wayne.edu/APADIV20/APADIV20.HTM>

This group is dedicated to studying the psychology of adult development and aging.

American Society on Aging

<http://www.asaging.org/index.cfm>

The American Society on Aging is the largest and most dynamic network of professionals in the field of aging.

Canadian Psychological Association

<http://www.cpa.ca/contents.html>

This is the contents page of the Canadian Psychological Association. Material on aging and human development can be found at this site.

UNIT 4: Problems and Potentials of Aging

Alzheimer's Association

<http://www.alz.org>

The Alzheimer's Association is dedicated to researching the prevention, cures, and treatments of Alzheimer's disease and related disorders, and providing support and assistance to afflicted patients and their families.

A.P.T.A. Section on Geriatrics

<http://geriatricspt.org>

This is a component of the American Physical Therapy Association. At this site, information regarding consumer and health information for older adults can be found.

Caregiver's Handbook

<http://www.acsu.buffalo.edu/~drstall/hndbk0.html>

This site is an online handbook for caregivers. Topics include nutrition, medical aspects of caregiving, and liabilities of caregiving.

Caregiver Survival Resources

<http://www.caregiver.com>

Information on books, seminars, and information for caregivers can be found at this site.

International Food Information Council

<http://www.ific.org/>

At this site, you can find information regarding nutritional needs for aging adults. This site focuses on information for educators and students, publications, and nutritional information.

University of California at Irvine: Institute for Brain Aging and Dementia

<http://www.alz.uci.edu/>

The Institute for Brain Aging and Dementia is dedicated to the study of Alzheimer's and the causes of mental disabilities for the elderly.

UNIT 5: Retirement: American Dream or Dilemma?

American Association of Retired People

<http://www.aarp.org>

The AARP is the nation's leading organization for people 50 and older. AARP serves their needs through information, education, advocacy, and community service.

Health and Retirement Study (HRS)

<http://www.umich.edu/~hrswww/>

The University of Michigan Health and Retirement Study surveys more than 22,000 Americans over the age of 50 every two years. Supported by the National Institute on Aging, the study paints an emerging portrait of an aging America's physical and mental health, insurance coverage, financial status, family support systems, labor market status, and retirement planning.

UNIT 6: The Experience of Dying

Agency for Health Care Policy and Research

<http://www.ahrp.gov>

Information on the dying process in the context of U.S. health policy is provided here, along with a search mechanism. The agency is part of the Department of Health and Human Services.

Articles on Euthanasia: Ethics

<http://www.acusd.edu/ethics/euthanasia.html>

This site covers the ethical issues raised by euthanasia. Also included are articles on euthanasia, historical information, philosophical literature, and Web sites dedicated to the ethical issues surrounding euthanasia.

Growth House, Inc.

<http://www.growthhouse.org/>

This award-winning web site is an international gateway to resources for life-threatening illness and end of life care.

Hospice Foundation of America

<http://www.HospiceFoundation.org>

On this page, you can learn about hospice care, how to select a hospice, and how to find a hospice near you.

Hospice HotLinks

<http://www.hospiceweb.com/links.htm>

Links with information about all aspects of hospice care can be found at this site.

UNIT 7: Living Environments in Later Life

American Association of Homes and Services for the Aging

<http://www.aahsa.org>

The American Association of Homes and Services for the Aging represents a not-for-profit organization dedicated to providing

high-quality health care, housing, and services to the nation's elderly.

Center for Demographic Studies

<http://cds.duke.edu>

The Center for Demographic Studies is located in the heart of the Duke campus. The primary focus of their research is long-term care for elderly populations, specifically those 65 years of age and older.

Guide to Retirement Living Online

<http://www.retirement-living.com>

An online version of a free publication, this site provides information about nursing homes, continuous care communities, independent living, home health care, and adult day care centers.

The United States Department of Housing and Urban Development

<http://www.hud.gov>

News regarding housing for aging adults can be found at this site sponsored by the U.S. federal government.

UNIT 8: Social Policies, Programs, and Services for Older Americans

Administration on Aging

<http://www.aoa.dhhs.gov>

This site, housed on the Department of Health and Human Services Web site, provides information for older persons and their families. There is also information for educators and students regarding the elderly.

American Federation for Aging Research

<http://www.afar.org/>

Since 1981, the American Federation for Aging Research (AFAR) has helped scientists begin and further careers in aging research and geriatric medicine.

American Geriatrics Society

<http://www.americangeriatrics.org>

This organization addresses the needs of our rapidly aging population. At this site, you can find information on health care and other social issues facing the elderly.

Community Transportation Association of America

<http://www.ctaa.org>

C.T.A.A. is a nonprofit organization dedicated to mobility for all people, regardless of wealth, disability, age, or accessibility.

Medicare Consumer Information From the Health Care Finance Association

<http://cms.hhs.gov/default.asp?fromhcfadotgov=true>

This site is devoted to explaining Medicare and Medicaid costs to consumers.

National Institutes of Health

<http://www.nih.gov>

Information on health issues can be found at this government site. There is quite a bit of information relating to health issues and the aging population in the United States.

The United States Senate: Special Committee on Aging

<http://www.senate.gov/~aging/>

This committee, chaired by Senator Chuck Grassley of Iowa, deals with the issues surrounding the elderly in America. At this site, you can download committee hearing information, news, and committee publications.

We highly recommend that you review our Web site for expanded information and our other product lines. We are continually updating and adding links to our Web site in order to offer you the most usable and useful information that will support and expand the value of your Annual Editions. You can reach us at: <http://www.dushkin.com/annualeditions/>.

UNIT 1

The Phenomenon of Aging

Unit Selections

1. **Elderly Americans**, Christine L. Himes
2. **Great Expectations**, *Harvard Health Letter*
3. **A Study for the Ages**, Nancy Shute
4. **The Centenarians Are Coming!!** Cynthia G. Wagner
5. **Will You Live to Be 100?** Thomas Perls and Margery Hutter Silver
6. **The Centenarian Boom: Providing for Retirement in a Long-Lived America**, Henry J. Aaron

Key Points to Consider

- What factors contribute to the increasing life expectancy of the American people? What challenges do aging Americans face?
- Why are older Americans healthier than ever before?
- Will it ever be possible to slow down the aging process? Would this be desirable? Why or why not?
- What factors have allowed for the ever-increasing number of people living to 100 years and older?
- What are the problems and advantages that society must consider in facing the increased aging population worldwide? Give examples.



Links: www.dushkin.com/online/

These sites are annotated in the World Wide Web pages.

The Aging Research Centre

<http://www.arclab.org/>

Centenarians

<http://www.hcoa.org/centenarians/centenarians.htm>

National Center for Health Statistics

<http://www.cdc.gov/nchs/agingact.htm>

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UNIT 1 The Phenomenon of Aging

Six selections examine the impact of aging on the individual, the family, and society as a whole.

Unit Overview

1. **Elderly Americans**, Christine L. Himes, *Population Bulletin*, December 2001

The author points out the ever-growing number and percentage of the American population comprising persons 65 years of age and older. Further, she observes that **those over 65 are living longer** than previous generations. Currently those 85 and older are the fastest growing segment of the elderly population.

2

2. **Great Expectations**, *Harvard Health Letter*, December 1999

This article points out the dramatic **increase in life expectancy** in the U.S. population between 1900 and 1996. From 1900 to 1950 the biggest gains resulted from curbing the communicable diseases of young people. From 1950 to 1996 the increase in life expectancy is believed to be a result of success against the chronic diseases of middle- and older-aged persons.

7

3. **A Study for the Ages**, Nancy Shute, *U.S. News & World Report*, June 9, 1997

The Baltimore Longitudinal Study of Aging (BLSA) has followed more than 2,000 volunteers between the ages of 20 and 90 in an attempt to delineate **how healthy people grow older**. The BLSA found that function losses that were once thought to be age-related, such as decreased mobility or memory lapses, can be slowed or stopped. Furthermore, many supposed indignities of aging turn out to be purely misconceptions.

9

4. **The Centenarians Are Coming!!**, Cynthia G. Wagner, *The Futurist*, May 1999

Cynthia Wagner examines the lives of **people who live to 100 and beyond** in an attempt to find the critical factors that allow them to outlive so many of their cohorts.

14

5. **Will You Live to Be 100?**, Thomas Perls and Margery Hutter Silver, *AARP Modern Maturity*, November/December 1999

After completing a study of 150 centenarians, Harvard Medical School researchers Thomas Perls and Margaret Hutter Silver developed **a quiz to help you calculate your estimated life expectancy**.

21

6. **The Centenarian Boom: Providing for Retirement in a Long-Lived America**, Henry J. Aaron, *Brookings Review*, Spring 2000

Some economists look at the **ever-increasing numbers of people living to 65 and beyond** as a major financial crisis for nations as they attempt to keep government pension programs running. Henry Aaron, on the other hand, believes that governments with sound fiscal policies will balance their own budgets so that voluntary savings and pension savings in the private and public sector will be available for investment and growth at home and abroad.

23



UNIT 2

The Quality of Later Life

Seven selections consider the implications of living together as well as the physiological and psychological effects of aging.

Unit Overview

26

7. **Women's Sexuality as They Age: The More Things Change, the More They Stay the Same**, Patricia Barthalow Koch and Phyllis Kernoff Mansfield, *SIECUS Report*, December 2001/January 2002

The authors examine **women's sexuality over the life cycle** in an attempt to determine whether there are any changes in female sexuality as a result of aging or menstrual status.

28

8. **Fighting Back, With Sweat**, Jerry Adler and Joan Raymond, *Newsweek*, Fall/Winter 2001

The authors point out the numerous health advantages that accrue to **those who are physically active and exercise** on a regular basis.

33

9. **All in Your Head**, Richard Restak, *AARP Modern Maturity*, January/February 2002

The author compares **the way the brains of younger and older persons process and integrate new information**. He challenges many long-held beliefs about how the brains of older persons lose functions.

37

10. **Late Life Widowhood, Selfishness and New Partnership Choices: A Gendered Perspective**, Kate Davidson, *Aging and Society*, Volume 21, 2001

The **reactions of widows versus widowers** are compared with regard to how they responded following the death of their marital partner and whether they would or would not be likely to marry again.

40

11. **Men and Women Aging Differently**, Barbara M. Barer, *International Journal of Aging and Human Development*, Volume 38, Number 1, 1994

Gender differences in health, socioeconomic status, and social resources during later life are examined by Barbara Barer. Case studies illustrate how the timing of life-course events is different in men and women and results in differences in the problems they face in later life.

51

12. **We Can Control How We Age**, Lou Ann Walker, *Parade*, September 16, 2001

A Harvard study followed individuals from their teens into their eighties and as a result gives specific recommendations for **what individuals can do to improve their chances of aging well**.

56

13. **Want a Longer Life? Connect**, Tedd Mitchell, *USA Weekend*, September 8–10, 2000

Tedd Mitchell observes the negative effect that social isolation has on a person's health and longevity. Having close and trusted friends, being a member of a family, and **being connected to warm and friendly social groups** all have a positive influence on a person's health.

59



UNIT 3

Societal Attitudes Toward Old Age

Four selections discuss societal attitudes of discrimination toward the elderly, inter-generational interaction, and successful aging.

Unit Overview

14. **Images of Aging in America**, Kathy Speas and Beth Obenshain, *AARP Report by FGI Integrated Marketing*, February 6, 1995

This AARP report summarizes Americans' knowledge, perceptions, and **attitudes about aging and the elderly**. The questions considered include: What do Americans know about aging and the elderly? What are the prevalent images of aging? What are Americans' perceptions of the aging process? and, What is the nature and extent of intergenerational conflict?

15. **Eradication of Ageism Requires Addressing the Enemy Within**, Becca R. Levy, *The Gerontologist*, October 2001

The author believes that in **combating ageism** we most often react to jokes, statements, and expressed views about older people. She believes that to eradicate ageism we must be aware of the often unconscious implicit feelings about old age that the individual harbors but of which he is most often unaware.

16. **The Activation of Aging Stereotypes in Younger and Older Adults**, Alison L. Chasteen, Norbert Schwarz, and Denise C. Park, *Journal of Gerontology*, Volume 57B, Number 6, 2002

The authors examine and compare a sample of younger and older adults in their **stereotypic attitudes toward young and old persons**.

17. **Successful Aging: The Second 50**, Joe Volz, *Monitor on Psychology*, January 2000

Psychologists' research is changing attitudes about what it takes to live the good—and longer—life. Research on aging is now shifting from what is required medically to prolong life to ensuring that a longer life is worth living. Psychological research is making significant **inroads in the areas of memory and cognition**. The research indicates that cognitive capacity more than physical disability is the critical factor in determining whether people can remain active while arriving at extreme old age.



UNIT 4

Problems and Potentials of Aging

Five selections examine some of the inherent medical and social problems encountered by the aged, including the dynamics of Alzheimer's disease and many physicians' difficulty in caring for geriatric patients.

Unit Overview

18. **Healing the Heart**, Avery Comarow, *U.S. News & World Report*, March 13, 2000

Avery Comarow explains the many new medical discoveries and inventions that are allowing doctors to more adequately treat **heart problems**. A host of new techniques from growing new arteries to destroying plaque with radiation are explained in this article.

19. **Primary Care for Elderly People: Why Do Doctors Find It So Hard?**, Wendy L. Adams et. al., *The Gerontologist*, Volume 42, Number 6, 2002

The authors observed that, on the whole, doctors felt confident in managing specific illnesses that were confronting their patients. They were, however, less confident in **dealing with geriatric patients** who often were experiencing multiple and compounding adverse medical events and cognitive impairment.

20. **Giving Up and Replacing Activities in Response to Illness**, Jennifer Duke, Howard Leventhal, Susan Brownlee, and Elaine A. Leventhal, *Journal of Gerontology*, Volume 57B, Number 4, 2002
Physical illness sometimes requires older persons to abandon some of their more physically demanding daily and recreational activities. The effect on the well-being of the individual is examined when **replacing or failing to replace a more physically demanding activity** following an illness. 100
21. **The Disappearing Mind**, Geoffrey Cowley, *Newsweek*, June 24, 2002
The author outlines the current scientific findings on the **causes of Alzheimer's disease** as well as where research is heading in terms of detecting and curing the disease. 112
22. **Alzheimer's Disease as a "Trip Back in Time"**, Christopher J. Johnson and Roxanna H. Johnson, *American Journal of Alzheimer's Disease*, March/April 2000
The authors of this article develop a nonlinear regression model to help caregivers **working with Alzheimer's patients** to understand the regularly occurring variations in the person's memory, behavior, and physical ability. 117



UNIT 5

Retirement: American Dream or Dilemma?

Six selections look at the broad social implications of the continuing trend toward early retirement and examine the necessity of reassessing and reshaping policies to keep valuable elderly employees in the workplace.

Unit Overview 124

23. **Waiting Longer for Social Security**, Alice Ann Love, *Terre Haute Tribune-Star*, November 30, 1999
In 1983 President Ronald Reagan and the U.S. Congress passed legislation **increasing the age at which one qualifies for full retirement benefits** from 65 to 67. This increase in the qualifying age began gradually after the year 2000. No people near the retirement age were immediately affected, and most voters were not even aware of the change. 126
24. **Aging Employee Pool Posing Challenges**, Diane Stafford, *Terre Haute Tribune-Star*, September 3, 2001
This article addresses some of the skill, knowledge, and labor losses that business and industry will face **as the baby boomers retire**. Diane Stafford suggests a number of solutions that employers might consider as they attempt to resolve these issues. 128
25. **Applying Work-Role Attachment Theory to Retirement Decision-Making**, Gary A. Adams, Julie Prescher, Terry A. Beehr, and Lawrence Lepisto, *International Journal of Aging and Human Development*, Volume 54, Number 2, 2002
The authors examine individuals' job involvement, organizational commitment, and career identification to determine if these variables were positively or negatively related to their **retirement decisions**. 130
26. **'You'll See More People Working': Hastert Pleased With Demise of the Earnings Limit**, Elliot Carlson and Trish Nicholson, *AARP Bulletin*, April 2000
The Social Security regulations were changed by Congress in March 2000. **Those who work after the age of 65** will receive no reduction in their Social Security checks. Prior to this change, people 65 through 69 lost \$1.00 in Social Security benefits for each \$3.00 they earned above the annual limit of \$17,000. 136

27. **Retirement Patterns and Employee Benefits: Do Benefits Matter?**, Paul Fronstin, *The Gerontologist*, February 1999
This study explores the relationship between the provision of pension plans and retiree health insurance programs on early retirement decisions. The results indicate that postretirement pension benefits and the availability of retiree health benefits have a significant ***influence on a worker's planned age of retirement***. 138
28. **Work/Retirement Choices and Lifestyle Patterns of Older Americans**, Harold Cox, Terrance Parks, Andre Hammonds, and Gurmeet Sekhon, *Journal of Applied Sociology*, Volume 18, Number 1, 2001
This article examines six different ***patterns of work, retirement, and leisure*** from which people of retirement age may choose. Measures of life satisfaction are given to participants in each of the six groups to determine who are the most satisfied with their lives. 151



UNIT 6

The Experience of Dying

Three selections discuss the issues that affect the final days of life and the critical decisions that must be made.

- Unit Overview 160
29. **Preventing Late Life Suicide: National Institutes of Health Initiatives**, Jane L. Pearson, *Omega*, Volume 42, Number 1, 2000–2001
The author examines the ***reasons persons 65 and older commit suicide*** at a rate that is twice the national average. Further, she delineates the current state of public health policies that attempt to prevent late life suicides. 162
30. **Expectancy of Spousal Death and Adjustment to Conjugal Bereavement**, Edward F. Donnelly, Nigel P. Field, and Mardi J. Horowitz, *Omega*, Volume 42, Number 3, 2000–2001
The authors examine whether the ***bereavement following the death of a spouse*** is shorter when the deceased has suffered from a long terminal illness and there is considerable time for the surviving marital partner to have anticipated and prepared for the death. 169
31. **Start the Conversation**, *AARP Modern Maturity*, September/October 2000
This article observes what is happening physically and emotionally to a dying person. It also investigates ***the critical decisions that must be made*** by the person or his or her caregivers. 177



UNIT 7

Living Environments in Later Life

Four selections examine the problems of mainstreaming a positive living environment for the increasing number of elderly people.

- Unit Overview 184
32. **(Not) the Same Old Story**, Chuck Salter, *Fast Company*, February 2002
Nursing homes are viewed as places where people go to die. Gerontologist Bill Thomas ***proposes changes in nursing home environments*** that would make them places where people live—and enjoy their daily activities and friendships. 186
33. **Elder Care: Making the Right Choice**, John Greenwald, *Time*, August 30, 1999
The author compares the advantages and disadvantages of ***home care, congregate housing, and assisted living*** as choices that are available to older people. 191

34. **Strength in Numbers**, Kristin Davis, *Kiplinger's Personal Finance*, May 2002
The author discusses the advantage of **forming family councils in long-term care facilities** to bring about needed changes and improve the quality of care. 195
35. **The City of Laguna Woods: A Case of Senior Power in Local Politics**, Ross Andel and Phoebe S. Liebig, *Research on Aging*, January 2002
The authors investigate how a retirement community in Orange County, California, incorporated three adjacent **senior-living facilities** and several businesses to form Laguna Woods, a city almost exclusively populated by seniors. The city's incorporation allowed the residents to successfully block the building of a nearby airport. 198



UNIT 8

Social Policies, Programs, and Services for Older Americans

Five selections consider the necessity of developing effective and positive support programs and policies for the elderly.

Unit Overview 206

36. **Soaring Cost of Prescriptions Send Seniors South of Border**, Marty Shevelove, *The Arizona Republic*, February 11, 2002
This article reports on the increasing number of senior citizens who **travel to Mexico to purchase generic medications** at greatly reduced costs. Although some generic medication prices have risen, the majority are sold at a fraction of prices found in American pharmacies. 208

37. **"Should a Portion of Social Security Funds Be Invested in the Stock Market?"**, Henry Aaron and Robert J. Myers, *AARP Bulletin*, March 1999
As Congress and the nation worry about the financial **solvency of the Social Security program** once baby boomers begin to retire, a number of changes have been proposed. One proposal is to invest a portion of the Social Security funds in the stock market rather than in government Treasury notes. The pros and cons of this plan are presented in this article. 209

38. **Raw Deal for Women?**, Stan Hinden, *AARP Modern Maturity*, September 2001
Women's groups believe that **women's retirement incomes** could be **threatened** by reductions and related problems should a portion of the Social Security trust fund go into private investments. Their concerns are presented in this article. 211

39. **Lawmakers Troubled About Nursing Home Abuse**, Larry Margasak, *Terre Haute Tribune-Star*, March 4, 2002
Evidence is mounting that cases of **nursing home patients being physically abused** are often not reported to the police. Nursing homes depend on federal Medicare and Medicaid reimbursements for a large share of their funding. The Senate Special Committee on Aging is examining what changes in Medicare/Medicaid regulations could be made to guarantee that incidence of physical abuse of nursing home patients will be reported to the police. 214

40. **Nursing Home Care Is Found Wanting**, Carole Fleck, *AARP Bulletin*, April 2002
A federal study outlines **nursing home deficiencies**, which include inadequate staffing in 90 percent of the homes. In response to this and related studies, Capitol Hill lawmakers are stepping up their efforts to impose minimum standards on the industry. 216

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