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My favorite quote: [Aging
well means] "learning to
live with neither too much
desire and adventure nor too
much caution and self-care.
... Rather, successful aging
means giving to others
joyously whenever one is
able, receiving from others
gratefully whenever one
needs it, and being greedy
enough to develop one's own
self in between."

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histories to illustrate the
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Aging well: it can be done.
Dr. Vaillant suggests that

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Life
Successful aging means giving to others joyously whenever one is able; receiving from others, gratefully, whenever one needs it; and being capable of personal development in between. To accomplish this, one must employ the social model of developmental stages and the emotional model of adaptational mechanisms of defense.

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What are the key factors in successful aging? Dr. Vaillant, a noted psychiatrist, researcher, and director of the Harvard

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Study of Adult Development, provides a lucid summary of the findings from the longest longitudinal study of adult development.

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**Aging Well: Surprising
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Aging alters the way people sleep, so when your loved one is up, you tend to be too. Changes in hormone levels affect “sleep architecture,” the cycle of progressing through different stages of sleep, which means that older adults often experience less deep sleep and wake up more frequently throughout the night (Insomnia and Seniors, Sleepfoundation.org, 9/28/20) .

7 Tips to Improve Your Loved
One's Sleep Routine, as Well
...

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GUIDEPOSTS TO A HAPPIER
LIFE. George E. Vaillant,
MD. New York: Little, Brown
& Co., 2002. Pp. 273-
\$14.99 ISBN 0-316-09007-7.
Pb. Reviewed by Kathryn R.
Ward and Geoffrey W. Sutton
(Evangel
University/Springfield, MO).
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successful aging? Dr.
Vaillant, a noted
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Well. : George E. Vaillant.
Little, Brown, Jan 8, 2003 -
Psychology - 384 pages. 2
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[George E Vaillant] --
Argues "that individual
lifestyle choices play a
greater role than genetics,
wealth, race, or other
factors in determining how

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Life
happy people are in later
life"--Back cover.

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Watching my parents age is difficult and painful—as it is for many of us. I can't stop the aging process. However, there is one thing I can do every day for them. I can pray and follow their example. They taught me to pray for all things and believe nothing is impossible with God. When I was hospitalized as an eight-year-old with a kidney ...

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