

tools of the trade

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These books and one film cover a number of issues on the subject of aging. Some should be available at the public library in your community. We hope they'll be helpful to you in your understanding of aging and the issues involved.

This section was prepared by Nancy McGilliard and Jeanette Shadko, specialists in the Program for Older People with the Michigan Cooperative Extension Service.

Sex After Sixty *Sex After Sixty. Robert N. Butler. New York: Harper and Row, 1976. 165 pp. \$6.95.*

A guide for men and women in their later years and for younger people who want to understand their elders better or prepare for their own later years. The book helps us understand what underlies many of the sexual problems that are encountered.

Nobody Ever Died of Old Age *Nobody Ever Died of Old Age. Sharon Curtin. Boston: Little Brown, 1972. 228 pp. \$2.95.*

A best-selling account of a young journalist's encounters with older people. She loves and respects the old, and denounces the way they are treated in society.

Myth and Reality *The Myth and Reality of Aging in America. L. Harris and Assoc., Inc. New York: National Council on Aging, 1975. 245 pp. \$20.*

This book reports on a national survey to determine the public's attitudes toward aging and its perception of what it's like to be old in America. It also documents older Americans attitudes about themselves and their personal experiences as older adults.

The study concludes that most older people feel their condition is better economically and socially than the public believes. However, most older people share the public image of what older people are like. Each thinks his/her situation is different from the "typical" person over 65.

**What Do You Want
To Be When
You Grow Old?**

What Do You Want To Be When You Grow Old? Film Builders, Inc., 30 E. 40th St., New York, New York 10006. Film (color), 28 min. \$190 purchase.

Developed by Pfizer Pharmaceuticals, this film narrated by Lorne Greene presents a positive view of Americans in their older years.

It focuses on the thoughts and feelings of older adults as they deal with family relationships, use of time, living adjustments, and retirement. Two experts comment on critical issues related to aging and dispel popular myths and stereotypes.

This film is well-done and could be a valuable aid in programming.

**Retirement
Planning**

The Complete Retirement Planning Book. Peter A. Dickinson. New York: E. P. Dutton and Co., Inc., 1976. 278 pp. \$6.95.

A practical "how-to" retirement book for people in their 40s and 50s and older. There's lots of information on health, finance, housing, law, and leisure—based on the personal experiences of the author and others living in retirement.

Gramp

Gramp. Mark and Dan Jury. New York: Grossman Publishers, 1976. 152 pp. \$5.95.

Photographs and narrative of a man's life and dying told by his grandsons. Gramp is disfunctioned by arteriosclerosis. This is a record of how a family chose to care for him at home and the effect it had on their lives.

**On Death
and Dying**

On Death and Dying. Elisabeth Kubler-Ross. New York: Macmillan, 1969. 277 pp. \$2.45.

An excellent discussion of the humane treatment of the dying person. A valuable aid for people suffering from any kind of loss or life crisis.

**Aging Is Not
for Sissies**

Aging Is Not for Sissies. Terry Schuckman. Philadelphia: Westminster Press, 1975. 125 pp. \$2.95.

Written by an older woman, this book describes creative ways to cope with aging. It has practical pointers for keeping

physically, mentally, and spiritually well. It discusses finances, housing, hobbies, education, politics, and developing a positive attitude toward life.

Aging in America

Aging in America. Bert Kruger Smith. Boston: Beacon Press, 1973. 239 pp. \$3.95.

A useful guide to the problems of aging. Written for older people, their families, and people who counsel the elderly. The author provides practical guidelines to prepare for old age and analyzes various retirement patterns that reflect sound mental health principles.

Learn To Grow Old

Learn To Grow Old. Paul Tournier. New York: Harper and Row, 1973. 248 pp. \$5.95.

A psychiatrist's warm and insightful personal exploration of aging. Tournier discusses both his vision of aging and its practical aspects.

Why Survive?

Why Survive? Being Old in America. Robert N. Butler. New York: Harper and Row, 1975. 422 pp. \$5.95.

Written by the director of the National Institute on Aging, this is an excellent resource book on aging in America today. The author looks at cultural attitudes and economic circumstances. Although the precise statistics will change, the trends indicated are likely to continue. The book is readable . . . it cites problems of aging and proposes solutions. Suitable for readers of every age.