**Scenario:**

Ramell, age 62, is a retired businesswoman who likes to play tennis. She has a large circle of friends but is not content to be alone. Although she is financially independent and in good health, she has few hobbies. Since her recent divorce, she is obsessed with finding another relationship. Her large family lives 2,000 miles away, and she has little interaction with them.

Rich, age 65, is a musician and an avid weightlifter. He spends hours every day working out to stay in shape. He has had two affairs with younger women, and although his wife has warned him that another affair will end their marriage, he is constantly looking for something to make him feel younger. He is dissatisfied with the choices he has made in life and wishes he could do things over.

John, age 68, is a college professor, overweight and out of shape, who has a hidden problem with alcohol. Divorced twice, he now lives alone in a small condominium. He has few friends, watches sports on TV for hours each day, and has long been estranged from his two sons. His work is his only source of satisfaction. He claims that people have been great disappointments in his life, and he can do without them.

**Thinking It Over**

Successful aging requires one to have positive coping skills and view the aging process and yet another stage of life.

1. **What factors can influence successful aging? Be specific and detailed. (3 points)**
2. **The size of America's aging population is expected to substantially increase over the next two decades. How do you think this increase in the population of older adults will affect our country? Be specific and detailed. (3 points)**
3. **What lifetime habits could you adopt now to ensure a happy, healthy life throughout old age? (3 points)**

**Conclusions**

1. **Consider each of the brief situations above. Which of these people do you think is aging successfully? Why? (2 points)**
2. **What lifestyle choices has EACH person made that will help in coping effectively with aging? (2 points)**
3. **What lifestyle choices has EACH person made that may cause significant risks and difficulties? (2 points)**