

Index

- Abler, Bill, 75–76
Abler, Sadie, 76
Academy of Senior Professionals, 134–135
acoustic systems, 20–21
acting, 42–43, 129
adult education. *See* lifelong learning
Adventure Joseph Van Os Photo Safaris, 48
adventure travel, 21, 44–48
Adventure Women, 39
Aerospace Corporation, 105–106
Ageless Explorers, 7, 15–17, 43–44, 116, 149
Age Wave, 3, 10–12, 27, 45, 68, 95
Albom, Mitch, 74
Allianz, 203
Allshouse, Merle, 134
Alpine Ascents, 48
American College Testing Association, 123
American Express Financial Advisers (Ameriprise), 208
American Hiking Society, 41
America's Best Low-Tax Retirement Towns (Evans and Fox), 162
Amizade, 225–226
Ann Arbor, Mich., 167
annuities, 20, 203–204
Appalachian Trail, 40–41, 45, 159
aptitude tests, 101–102
Araya, Ichijirou, 16
archaeological digs, 43
Arizona, 148, 171
Arrow Electronics, 23
art, 42, 43, 128
arts centers, 43, 160, 167

- Ashland, Ore., 160
 Asian Pacific Adventures, 47
 AT&T Pioneers, 231
 Atlanta, Ga., 171
 Atlanta Braves, 35
 Austin, Texas, 171
 Australia, 23, 29, 42, 134, 148,
 178
 auto racing, 33–34

 baby boomers
 aging of, 10–12, 234
 characteristics of, 1–3,
 152–153, 220
 finances and, 186–209
 giving back by, 211–230
 legacy of, 230–235
 workforce explosion and, 93
 See also power years
 baby bust generation, 93, 118
 Bach, David, 189
 backpacking, 30, 38
 Bahamas, 178
 Ballroom Vermont Dance
 Camp, 34
 Baltimore Orioles, 35
 baseball fantasy camps, 35
 Bear, Alice, 126
 Belize, 178, 216
 Bergstein, Helen, 177
 Berlin, Germany, 172
 Berners-Lee, Sir Tim, 123
Birth of a Nation (film), 16
 Bison Ranch (Ariz.), 156
 Bladykas, Theodore, 168
 blogs, 36

 Bloomington, Ind., 164–165
 Boar's Head Sports Club, 166
 Boeing, 118–119
 Bogle, John, 200
 Bolivia, 225–226
 Bond, Sir John, 86
 bonds, 198, 200–201, 202
 book clubs, 57
 Borders Books, 94, 105
 Boston, Mass., 163, 172
 Boston Center for Adult Edu-
 cation, 135
 Boulder, Colo., 159
 Boylan, John, 32
 Brazil, 84, 159–160, 225–226
 Breakers (Chicago), 171
 Bristol Community College, 127
 Brown, Faye and Trillie, 74
 Bryon, Herve M., 90–91
 Buffett, Warren, 15, 211–212
 Butler, Robert, 61–62, 133

 Cairo, Egypt, 172
 California, 148, 163, 171
 Camden, Maine, 162
 Camp Cheerio (N.C.), 138–139
 camping trips, 39, 73
 Camp Mom (Calif.), 138
 camps
 intergenerational, 75–76
 special-interest, 33–34,
 138–139
 Canada, 13, 65, 85
 adult education, 23, 134, 135,
 137
 college savings plans, 202–203

- gay-friendly cities, 163
- government pension plan, 185–186
- as relocation spot, 148, 160, 172, 178
- Canada Education Savings Grant (CESG), 203
- Canada World Youth, 226
- Canadian Voyageur Adventures, 47–48
- Capolarello, Debra, 95
- career coaches, 21, 101, 110
- careers
 - continuing education and, 123
 - cycling in and out of, 14–15, 82, 84, 85
 - downsizing, 182–183
 - late achievement in, 15–16
 - mobility of, 7
 - pro bono work and, 216–217
 - skills training/honing, 105, 108, 119, 129–131
 - See also* work-life balance; workplace
- careers, starting new, 19, 81–113
 - discovering next calling and, 96–104
 - exploring options and, 104–110
 - financial freedom and, 181–183
 - for fulfillment, not need, 84, 85, 88
 - job boom and, 93–96
 - realization of, 110–113
 - reasons for, 89–92
 - relocation choice and, 161, 162, 169
 - self-awareness and, 87
 - support team and, 110–112
 - transition coordinators and, 21
- Carefree Cove (Boon, N.C.), 163
- Carter, Jimmy, 11–12, 79, 213, 221
- Carter, Rosalynn, 213
- Catalyst, 27
- Cavalliere, Felix, 35
- Cayman Islands, 178
- cell phones, 28
- Challenger, John, 28
- chambers of commerce, 160, 161
- charities. *See* philanthropy
- Charleston, S.C., 171–172
- Charlottesville, Va., 166
- Chicago, Ill., 163, 171
- Chicago-Kent College of Law, 128
- China, 29, 85
 - third-age learning, 124–125, 134
- Choctaw Way, The* (Tingle), 99
- Chris Evert fantasy camp, 34
- Christian Science Monitor*, 16
- churches, 65, 70
- Cialis, 61
- Cigna Encore program, 106
- Citigroup, 94
- city living, 168–172
- Classical Cruises, 47
- Cofan people, 47
- Cohen, Gene, 41–42

- colleges and universities, 22–23, 115–145
 new career planning and, 101–102
 online, 137
 preferred savings plans, 202–203
 theater groups, 43
 third-age, 124–127, 134–135
 Web sites, 137
- college towns, 164–167
 favorites, 167
- Colorado, 148
- Colorado Free University, 135
- communes, 155–157
- community
 contributing to, 152–153, 213, 229–230
 favorite choices, 162–167
 as friendship basis, 70, 71–72
 gay and lesbian, 163
 new career resources and, 101–102, 161
 researching, 149, 160–162
 staying put in, 151–152
 themed, 21, 155–160
 university-linked, 116, 164–167
- community colleges, 101–102, 108
- Concours Group, 27, 95
- condominiums, 173–175
- Conn, Robert, 150–151
- Connery, Sean, 15
- consulting, 104, 105
- continuing education. *See* life-long learning
- cooking courses, 33–34, 43–44, 55–56, 123, 127
- Corniche Travel, 23
- Costa Rica, 178
- Couric, Katie, 116
- Creative Age, The* (Cohen), 41
- creativity, 41–42
- credit cards, paying off, 191–192
- crime rate, 161, 170, 171
- Crooks, Hulda, 45
- Crow Canyon Archaeological Center, 43
- cruises, 137–138, 173–174
- Cruise Ship Condos, 173–174
- CVS pharmacies, 94
- Cycles* (M. Dychtwald), 14
- cyclic lifestyle, 14–15, 84–85, 123, 182
- Daltry, Roger, 34
- dancing, 130–131
- Dante Alighieri Siena Committee, 43
- dating, 59–60, 64–66
 Web sites, 37, 65–66
- dating services, 21, 65–66
- Davidson, Don, 101
- Davis, Spencer, 34
- Dawson, Fred, 34–35
- day-care cross-generation facilities, 226–227
- Days Inn, 94
- debt, 188, 209
 paying off, 191–194
- Dell, Michael, 212
- Deloitte Consulting, 94, 106

- Del Webb, 147, 148, 152, 157
 Denmark, 148
 Dershowitz, Alan, 72–73
 Digsville Home Exchange Club, 177
 Dillon, Frank, 83–84
 Discover U (Seattle), 135
 divorce, 52–53, 58
 Dixie State College, 159
 dollar-cost averaging, 197
 Douglas, Michael, 63
Driving Miss Daisy (film), 16
 drug costs, 204
 Dugas, Richard, 158
 durable power of attorney, 208
 Dychtwald, Maddy, 14
 Dychtwald, Pearl, 130–131
 Dychtwald family, 234–235
- Eckerd College, 102, 134–135, 187
 Eco-Challenge programs, 46
 Eddy, Mary Baker, 16
 education. *See* lifelong learning
 Edgewater Beach (Chicago), 171
 El Camino de Santiago, 38–39
 Elder Corps, 222–228
 Elderhostel, 44, 76, 125–126, 137
 ElderSpirit (Manhattan), 156
 Ellsworth, Lincoln, 43–44
 e-mail, 28, 36, 75
 employment. *See* careers; work-place
 empty nesters, 18–19, 30–32
 home remodeling and, 153
 England. *See* United Kingdom
 entrepreneurs. *See* small-business owners
 Erikson, Erik, 218–219, 224
 Esalen Institute, 31, 234
 estate management, 22, 206–207
 ethical will, 231–232
 Eugene, Ore., 167
 Evans, Eve, 162
 Exchange Traded Funds, 198
 Exclusive Resorts, 175–176
 Experience Works, 216, 224–225
 experiential learning, 137–139
- family
 changed structure of, 52–53
 distant members of, 78
 inheritance from, 194–195
 lost connections within, 72
 matchmaking by, 64–65
 multitasking and, 28
 as neighbors, 77
 new freedom and, 18–19, 30–31, 88, 117, 182
 as reason for not relocating, 150–151
 relocation choice and, 161
 strengthening bonds within, 37–39, 72–78
 wills and, 207
 See also intergenerational ties
 fantasy camps, 33–35, 138
 Farner, Mark, 34
 Farnham, Gary, 160
 fast-food industry, 2, 109

- Feldman, Charlotte and Harold, 126
- Fidelity, 200
 Retirement Income Advantage, 203
- financial freedom, 19, 179–209
 annuities and, 20, 203–204
 cutting expenses and, 188–190
 directives/documents and, 206–208
 inheritance potential and, 194–195
 insurance and, 22, 204–206
 key issues of, 181–188
 paying off debt and, 191–194
 professional help and, 22, 208–209
See also investments; money; savings
- financial services, 22, 27, 96, 208–209
- Finland, 23, 148
- First America Financial Corp., 96
- First Class (Washington, D.C.), 135
- Fisher, Garth, 40–41
 529 college savings plans, 202
- flex-retirement, 94–95, 104–106
- flextime, 19, 27–28, 30, 32, 94–95, 104, 105, 106–107, 161
- Florida, 148, 159, 163, 165–166, 170
- Flying Colors Art Workshops, 43
- food, 2, 20, 109, 123. *See also* cooking courses
- Forbes* (magazine), 18
- Fortune* (magazine), 95–96, 218
- Fosnow, Mary and Tim, 77
- foster grandparent program, 215, 225
- 401(k) plans, 94, 180, 189, 195–197
 advantages of, 197
- Fournier, Jerry, 88
- Fox, Richard, 162
- France, 23, 28, 85, 124, 178
- Franklin, Tenn., 162
- Freedman, Marc, 152
- free-net movement, 36
- friends
 new networks of, 67–71
 reconnecting with past, 71
 traveling with, 38–39
 in workplace, 70, 89
- Friendships* (Yager), 67
- Fuller, Ida May, 187
- fun, 25–48
 learning as, 116–120, 137–138
- Fundación Sobrevivencia
 Cofan, 47
- Gainesville, Fla., 165–166
- Galileo, 16
- gambling online, 36–37
- Gandhi, Mahatma, 16
- Gaslamp Quarter (San Diego), 171
- Gates, Bill, 211–212, 214
- Gates, Melinda, 212
- Gatewood, Emma, 45

- Gaylord (Orlando resort), 8–9
 gays, 163, 207
 GE (General Electric), 94
 genealogy records, 37
 Generations United, 225, 227
 Generation X, 93
 Geographic Expeditions, 23
 Georgia, 148, 162, 171
 Germany, 28, 148, 172, 178
 gerontophobia, 133
 Giannini, A. P., 192
 Gillespie, Jim, 152
 Gish, Lillian, 16
 Giuliani, Rudolph, 170
 Glenn, John, 15
 Glimmerveen, Jeanette and
 Karen, 73
 Global Volunteer Network, 225
 Gorchakova, Julia, 34
 GO SERV, 228
 government bonds, 198, 201, 202
 government retirement systems,
 185–186, 209, 222
 Grandkids and Me camp (Wis.),
 76
Grandma Spider Brings the Fire
 (Tingle), 99
 grandparents, 23, 39, 72–79
 foster program, 215, 225
 Grandparents' and Grandchild-
 ren's Camp, 75
 Grandtravel, 39, 76
 Great Camp Sagamore (N.Y.),
 75
 Greek culture, 29
 Green Thumb project, 224–225
 GreyCore Press, 88
 growth industries, 20–22
 Guadalajara, Mexico, 178
 Guggenheim Museum (N.Y.),
 16
 Gussen, Ruth, 127

 Habitat for Humanity, 31
 Hagan, Tom, 18
 Hale, Helena, 100
 Harding, James, 42, 43
 Harrell, Bob, 89
 Harvard School of Public
 Health, 232
 Hatch, Denise, 138
 health, 2
 creativity and, 41
 friendship networks and,
 67–68
 growth industries, 21, 22
 theme communities and, 158
 vitality and, 13–14
 volunteerism and, 232–233
 workshops, 123
 health care
 community facilities, 161
 growth industries, 20
 insurance, 204–208
 health clubs, 123
 Healthy Aging conference, 45
 hedonism complexes, 21
 Hendrix, Phil, 40
 Heritage Day Health Centers
 (Columbus, Ohio), 226
 hierarchy of human needs,
 89–90

- higher education. *See* colleges and universities
- hiking, 38–41, 45, 73, 159
- Hillcrest neighborhood (San Diego), 171
- hipness, 23–24
- Hoboken, N.J., 171
- Home Depot, 94, 105, 123, 152
- home ownership, 147–148
equity and, 19, 173, 182, 193
paying off mortgage and, 192–194, 195
remodeling, 31, 152–154
time-shares, 174–177
See also places to live
- house swapping, 176–177
- House to Ourselves, The* (Lawson), 31
- housing prices, 162, 163, 164, 167
appreciation and, 192–193
- Houston, Jean, 121
- Howells, John, 162
- HSBC retirement study, 18, 84–85
- human potential movement, 90, 219, 234
- I Am Charlotte Simmons* (Wolfe), 116
- Ibbotson Associates, 198
- IBM, 94
- ILRs, 134–135
- immediate annuities, 203–204
- independent study, 139–140
- index funds, 200
- India, 16, 84, 149
- Indiana University, 164, 165
- inflation rate, 180
- information age, 14, 95
- inheritances, 194–195
wills and, 207
- Institute for Learning in Retirement, 134–135
- insurance, 22, 204–206
- interest rates, 192, 193, 194
- intergenerational ties, 71–78, 221–222
communes and, 21
volunteerism and, 225–229
- international learning programs, 121–126, 134–135
- International Senior Theater Festival and Conference, 43
- Internet, 116, 148
activity options, 35–37
dating services, 37, 65–66
friendships via, 71
house swapping via, 176, 177
as learning resource, 122, 123–124, 136–137
legal documents and, 208
as relocation resource, 149, 161, 163
telecommuting and, 173
travel services, 33
See also e-mail
- Inuit, 18
- investment clubs, 57
- investments, 19–20, 190, 195, 196–202

- rebalancing, 198–199, 201–202
- tax-favored plans, 196–198, 202–203
- IRAs, 197
- Ireland, 23, 178
- Italy, 13, 29, 178

- Jaffee, Tom, 66
- Jafferi, Mohammed, 77
- Jagger, Mick, 23
- James, Noreene, 216
- Japan, 13, 29, 148
 - third-age learning and, 124–125, 134
- jobs. *See* careers; workplace
- job sharing, 95, 104, 105, 106, 161
- John Muir Trail, 38
- Johnson, Lyndon B., 225
- Johnstone, Andrew, 47
- Jones, Jean, 215
- Joseph, Norma and Maurice, 38
- Jung, Carl, 132, 218

- Kaden, Barbara, 120–121
- Kanei, Shige, 45–46
- Kennedy, Donald P., 96
- Kennedy, John F., 224
- Kentucky, 148
- Kenya, 18
- Keogh plan, 197
- Kilgore Junior College, 43
- King, Carol, 32
- Kleine, Anne, 109–110
- Knight Inlet Grizzly Bear Adventure Tours, 48
- Knowledge Network (Albany, N.Y.), 135
- Knudsen, Brent, 227
- Kornhaber, Arthur, 75
- Kreissman, Debra and Gary, 51
- Kroc, Ray, 109
- Kutcher, Ashton, 63

- LaBier, Douglas, 56
- LaFrance Associates survey, 229, 230–231
- Lampach, Charles, 175
- Late Bloomers Comedy Improv Troupe, 42
- Latte Factor, 189
- Latter-day Saints, 227–228
- Lawson, Todd, 31
- Lazar-Morrison, Charlotte, 106
- Learning Annex, 135
- Learning Connection (Providence), 135
- Learning Exchange (Sacramento), 135
- Learning Studio (Pa. and N.J.), 135
- Leary, Timothy, 121
- legacy, leaving of, 230–235
- Legal Assistance Foundation, 128
- Leibold, Frank, 224
- leisure activities, 25–48
 - work interspersed with 14–15, 84–85, 123, 182
- lesbians, 163, 207
- Levinson, Joel, 16–17
- Levitra, 61

- Levittown, 168
- Lewis, Myrna, 61–62
- life expectancy, 10–11, 13, 52, 82
 health-care costs and, 204
 lifetime learning and, 124
 new careers and, 82
 retirement finances and,
 179–180, 185, 187–188, 195,
 203
 sex ratio and, 68
- life-experience credits, 123
- life insurance, 205
- lifelong learning, 10, 21, 22–23,
 115–145, 149
 cyclic culture of, 123
 experiential, 137–139
 friendships and, 70
 as fun, 116–120
 international programs, 121,
 124–127, 134–135
 reasons for, 127–133
 university-linked communities
 and, 116, 164–167
- life partners, 207
- lifestyle, cyclic vs. linear, 14–15,
 84–85, 123, 182
- living will, 207, 208
- longevity. *See* life expectancy
- longevity insurance, 22
- long-term care insurance, 22,
 206
- Loren, Sophia, 15
- Los Angeles Angels, 35
- love, finding, 57–67
- Luby, William and Lillian, 77
- Lynch, Peter, 200
- Macy's, 123
- Madsen, Carol, 38–39
- Maine, 148, 162
- Marak, Erma and Judy, 38
- Marcus, Christine and Burt, 156
- Marelli, Gwen, 39
- marriage
 adult stages and, 52
 age differences and, 63
 companionship and, 37–38
 late-life, 62–63
 rekindling flame of, 54–57
 wills and, 207
- Marx, Groucho, 15–16
- Masai people, 18
- Maslow, Abraham, 89–90
- Massachusetts Investors Trust,
 199
- maternity leave, paid, 27, 28, 93
- mature learning. *See* lifelong
 learning
- McCartney, Paul, 23
- McCracken, Laurin, 42
- McDonald, Dick and Mac, 109
- McDonald's, 109
- Mead, Margaret, 52, 228
- Medicaid, 206
- Medicare, 204, 206, 221
- medicine. *See* health care
- Meir, Golda, 16
- men
 adult friendships and, 68–69
 age-difference dating and,
 63–64
 sex ratio and, 68
- mental activity, 15, 85, 132–133

- Mercer, William M., 105
 Merrill Lynch New Retirement
 Survey, 12, 14–15, 84, 182, 204
 Mesa, Ariz., 171
 MetLife, 95, 105
 Mexico, 84, 178
 Miami, Fla., 163
 Microsoft, 211
 middleclass, 7
Millennium (Dychtwald and
 Villoldo), 121–122
 Mininberg, Elliot and Patricia,
 166
 MITRE, 107
 money, 19–20, 22, 88
 as measure of success, 50
 philanthropy and, 211–215
 as relocation factor, 160, 161,
 162, 163, 166
 spending less of, 188–190
 working for, 89
 See also financial freedom
Money (magazine), 149, 159,
 167
 money market funds, 198, 201
 Monsanto, 94, 106
 Montreal, Canada, 163, 172
 Moore, Demi, 63
 Moore, Gordon, 212
 Mormons, 227–228
 mortgage, 192–194, 195
 Moses, Grandma, 15
 mountain climbing, 16, 45, 48
 Murdoch, Rupert, 15
 mutual funds, 19, 199–200
 Myths and Mountains, 47
 Naber, Brian, 90
 Namath, Jessica, 115
 Namath, Joe, 115–116
 Napa-Sonoma region (Calif.),
 159
 National Football League, 115,
 162
 Native American stories, 99
 Nemeth, Kristina, 138
 New Corporation, 15
 New Employer/Employee
 Equation Survey, 27–28, 95
New Face of Grandparenting,
 The (Schmitz), 74
 New Jersey, 162, 171
New Love and Sex After Sixty,
 The (Butler and Lewis),
 61–62
 New Mexico, 148
 New York, 148
 New York City, 163, 170
 New York Mets, 35
 New Zealand, 23, 137, 148, 178
 nomadic lifestyle, 172–177
 North Carolina, 148, 163
 North Castle, 227
 Norway, 23, 148
 Nova Scotia, 160
 nursing home costs, 206

 Oak Hammock (Gainesville),
 165
 Odysseus's mythical voyage, 47
 Ohio State University, 43
 Older Adult Service Informa-
 tion System, 43

- Older Women's Network
Theater Group, 42
- Older Worker Job Fair, 94
- Olmstead, Michael, 120
- Open Exchange free university
(N.Y.C.), 31
- Openhouse (San Francisco),
163
- Oregon, 160, 167
- Oregon Shakespeare Festival,
160
- Orman, Suze, 192
- Ostrom, Kathe, 31
- Our Town developments
(Calif.), 163
- Overworked American, The*
(Schor), 27
- Pacific Crest Trail, 38
- Packer, Boyd, 227
- Palm Beach, Fla., 138
- Palms of Manasota (Sarasota),
163
- part-time work, 19, 84, 104
- Pata Negra, 43–44
- Paterno, Joe, 15
- Pavlick, Bev, 231
- Peace Corps, 217–218, 223
- Pei, I. M., 16
- Pelagian, Carol, 27
- Penn State University, 15, 227
- Pennsylvania, 148, 162
- Pension Benefit Guaranty Cor-
poration, 188
- pension plans, 179, 185–188, 209
- People* (magazine), 15
- personal growth, 22–23, 29, 40,
117
- learning and, 132–134
- Petco Park (San Diego), 171
- philanthropy, 12, 70, 211–215
- Phillips, Peg, 129
- Picasso, Pablo, 16
- Pilson, Roy, 37
- Pilson Family Association, 37
- Piper, Sandy and Ken, 34
- Pitney-Bowes, 105
- placement firms, 101
- places to live, 21–22, 162–178
- choice factors, 160, 161–162,
170, 171, 178
- cities, 168–172
- college towns, 164–167
- favorites, 148, 162–163,
166–167
- foreign, 172, 178
- mobility and, 172–178
- relocating and, 147–150,
162–178
- remodeling and, 152–154
- researching of, 149, 160–162
- staying put and, 150–155
- theme communities, 21,
155–160, 163, 165–166
- See also* community; home
ownership
- PLATO Society, 126–127
- Poland, 134
- Poor, David, 35
- Potter, Kinsey, 229–230
- poverty, 222, 224–225
- power of attorney, 207, 208

- Powers, Bob, 34
 power years, 6–24
 changing nature of, 3, 7–10, 82
 continuing education in, 10,
 21, 22–23, 115–145, 116–145
 creative spirit in, 41–42
 cyclic lifestyle in, 14–15, 84–85,
 123, 182
 dream jobs in, 19, 83–113
 Elder Corps proposal for,
 222–228
 financial freedom in, 19–20,
 179–209
 friendship networks in, 67–71
 giving back in, 211–230
 hipness in, 23–24
 legacy of, 230–235
 leisure pursuits in, 25, 29–48
 living choices in, 147–178
 meaningful relationships in,
 51–79
 new freedoms in, 18–19,
 30–32, 117
 personal growth in, 22–23, 40
 priorities of, 17–18
 role models for, 15–17
 as third age, 10
 Pribram, Karl, 121
Prime Time (Freedman), 152
 private account pensions, 186
 Program for Experienced
 Learners (Eckerd College),
 102
 project jobs, 19, 104
 Providence, R. I., 172
 Pulford, Laura, 228–229
 Pulte, 152
 Putnam, Robert, 232
 race car fantasy camp, 35
Rape of the Sabines, The
 (Picasso), 16
 real estate, 160, 192–193
 Redstone, Sumner, 15
 Registered Educations Savings
 Plans (RESPs), 202–203
 Reilly, Joy, 43
 relationships, 18, 49–79
 career support and, 110–112
 creativity and, 41–42
 intergenerational, 71–78,
 221–222, 225, 226
 marital, 37–38, 54–57
 relocation and, 150–151, 161
 travel and, 37–39
 value of, 79
 See also family; friends
 religious groups, 65, 70, 227–228
 relocation. *See* places to live
 Resort on Carefree Boulevard
 (Fort Myers), 163
 “retiree casual,” 105–106
 retirement
 age of, 6, 8
 current government spending
 on, 222
 early, 6, 90–91
 mandatory, 84
 new model of. *See* power years
 phased, 104, 182
 stagnancy and, 133, 221
 “retirement zone” stores, 21

INDEX

- reverse mortgages, 22
- Rhoton, Dani and Bud, 205
- Richard Petty Driving Experience, 34
- Richards, Keith, 23
- Rife, John and Betty Jean, 165–166
- Ripken, Cal, Jr., 35
- risk capacity, 88
- Roanoke, Va., 159
- Robinson, Dorothy, 44
- Robinson, Doug, 216–217
- rock and roll fantasy camp, 33, 34–35
- Rock and Roll Hall of Fame, 16, 35
- rodeo school, 35
- Rogers, Carl, 121
- Rogers, George, 101–102
- role models, 15–17
- Romeo, Charles, 93–94
- Rosenberg, Russell, 85–86
- Roth IRA, 197
- Rudd, George and Maria, 191

- sabbaticals, 14, 32, 119–120
- sailing adventures, 40
- St. George, Utah, 159
- St. Petersburg, Fla., 102, 134–135, 187
- Salk, Jonas, 121–122
- same-sex partners, 68
- San Antonio, Texas, 171
- San Diego, Calif., 171
- San Francisco, 163, 169
- Sankey rodeo school, 35

- San Miguel de Allende, Mexico, 178
- Santa Catarina Island, Brazil, 159–160
- Santa Fe, N. Mex., 163
- Sapp, Stephen, 231–232
- Sarasota, Fla., 159, 163
- Saunders, Jonathan, 111–112
- Savannah, Ga., 162
- savings
 - asset allocations, 198–202
 - college plans, 201–202
 - free spending vs., 188–190
 - fun and, 33
 - investments and, 6, 198–202
 - life expectancy and, 179–180
 - monthly target, 190
 - retirement needs, 180, 182
 - second career and, 183
 - tax-favored plans, 180, 183, 195, 196–198, 209
- Schiavo, Terri, 208
- Schmitz, Don, 74
- Schor, Juliet B., 27
- Schroeder, Max and Kay, 154–155
- Schryer, Curt and Jeannie, 33
- Schweighardt, Joan, 88
- SCORE, 109–110, 224
- Scottsdale Newcomers Club, 69
- self-actualization, 90, 219, 234
- self-awareness, 87
- self-discovery, 40–44
- self-employment, 84, 108–110, 161

- tax-favored savings plans, 197–198
- self-esteem, 89–90
- self-fulfillment, 18
- self-improvement. *See* personal growth
- Senior Corps, 225
- Senior Lifestyle Corporation, 171
- Senior Theater Connections* (Vorenberg), 42
- Service Corps of Retired Executives, 109–110, 224
- Sex and the City* (TV show), 63
- sex ratio, 63, 68
- sexuality, 59–60, 61
- sexual orientation, 163, 207
- Shaw, George Bernard, 16
- Shenuski, Edrie and Tony, 55–56
- Siderman, Max, 232–233
- Simple IRA, 197–198
- Simplified Employee Pension (SEP), 197
- Sims, June, 128
- singles, 58–67
- Siver, Bob, 135
- skills, volunteering, 216–217, 224
- Sky Club (Hoboken, N.J.), 171
- Sliney, Dave, 45
- Small Business Administration, 224
- small-business owners, 84, 108–110, 161, 224
- Smith, Jackie and Dean, 153
- Snell, Patricia, 176
- social involvement. *See* philanthropy; volunteerism
- social life. *See* dating; relationships
- Social Security, 179, 186–187, 209, 221
- social work, 128–129
- Society of the Four Arts (Palm Beach), 138
- Something's Gotta Give* (film), 62
- Soros, George, 212
- South River Federation, 230
- South Beach, Fla., 170
- South Carolina, 148, 171–172
- Southern Oregon University, 160
- South Korea, 23
- South Oxford, Miss., 167
- Spain, 23, 28, 134, 178
- Spanish Steps (tour group), 38
- spas, 20, 30
- special-interest friendships, 71
- Spectrum Properties, 32
- speed dating, 66
- sports, 33–34, 164, 167
- Starbucks, 94
- Starr, Ringo, 23
- Stirling, Clint, 136
- stocks, 198–202
 - diversification, 198–199
 - investment percentage, 201
 - losses, 6, 33, 188, 201–202
- Stokowski, Leopold, 16

- Stonewall Communities
 (Boston), 163
 storytelling, 98–99
 Stowe, Mass., 151
 Stowers, James, 212
 suburbs, 168
 Sun City’s Thunderbird Inn
 (Ariz.), 57–58, 64
 Sunset Hill (Los Angeles), 156
 Swank, Constance, 134
 Sweden, 13, 148
 Switzerland, 13, 148
 synagogues, 65, 70
- Tandy, Jessica, 16
 Tannehill, Evelyne, 39
 tap dancing, 130–131
 taxes, 161, 162, 220
 payroll, 187
 real estate, 192–193
 wills and, 207
 tax-favored accounts, 180, 183,
 195, 196–198, 209
 college savings, 202–203
 Teenpower, 228
 telecommuting, 95, 104, 173
 temporary work, 105
 Tennessee, 148, 162
 tennis, 34, 129
 Texas, 148, 171
 Thailand, 178
 Thayer, Helen, 45
 theater, 42–43, 160
 theme communities, 21, 155–160
 gay and lesbian, 163
 university-linked, 116, 165–166
 Thien, Liz, 106
 third age (sixty to ninety),
 10–12
 third-age learning, 124–127,
 134–135
 Thomson Family Adventures,
 76
 Thoroughgood, George, 34
 Thurow, Lester, 222
 time, volunteering, 215–216,
 220–221, 229
Time (magazine), 191, 211, 212
 time-shares, 22, 174–176
 Tingle, Tim, 98–99
 Toll Brothers, 152, 171
 Toronto, Canada, 163
 Toulouse University of Social
 Sciences, 124
 transportation, 161
 travel
 adventure, 21, 33, 38–39, 44–48
 family bonding and, 37–38, 73,
 75, 76
 learning programs and,
 125–126, 137–138
 Treasury bills, 198
 Treasury bonds, 198, 201, 202
 Trinity College, 133
 Tronco, John, 32
 T. Rowe Price, 180
 trust services, 22
 Tudor, Lou, 42
Tuesdays with Morrie (Albom),
 74

- Turner, Ted, 212, 214
 Tweddle, Mike, 153–154
- U3As, 124–126, 134–135
- United Kingdom, 28, 42, 85, 148, 178
 third-age education and, 124, 126, 134
- universities. *See* colleges and universities
- University of the Aged, 124–125
- University of Alabama, 115, 116
- University of Chicago, 23
- University of Florida, 165–166
- University of Michigan, 167
- University of Mississippi, 167
- University of Oregon, 167
- University of Phoenix Online, 136
- University of the Third Age. *See* U3As
- University of Virginia, 166
- urban areas, 168–172
 gay-friendly, 163
- vacation clubs, 175–176
- vacations, 28–29, 32
- Vancouver, 163
- Vanguard Group, 201
 One-Step program, 196, 200
- Venezuela, 148
- Viacom, 15
- Viagra, 58, 61
- Villoldo, Alberto, 121–122
- Virginia, 148, 166
- virtual learning, 136–137
- Virtues of Aging, The* (Carter), 11–12, 79
- vision statement, 102–104
- vitality, 13–14
- Vohland, Ernie, 228–229
- volunteerism, 12, 151–153, 161, 211–235
 current retirees' lack of, 221
 elder organizations, 224–226
 intergenerational, 225–229
 reasons for, 229–233
 religious groups, 227–228
- Vorenberg, Bonnie, 42
- Walgreens, 105
- Wal-Mart, 105
- Walters, Barbara, 11–12
- War on Poverty, 225
- Watson, Laurencetta and Andrew, 65
- wealth. *See* money
- Web. *See* Internet
- Webster, Noah, 16
- West, Leslie, 34
- Westchester Community College, 102
- Whales of August, The* (film), 16
- whale watching, 76
- Where to Retire* (Howells), 162
- Where to Retire* (magazine), 149
- White, Tom, 212–213, 214–215
- White Roses* (McCracken), 42
- widowhood, 59–60

- Wilderness Lake Preserve
(Fla.), 156
- wills, 206–207
ethical, 231–232
- Wilson, Jack and Elena, 156
- Wimberley, Texas, 154–155
- Winchester Dramatic Society,
42
- Wisconsin, 148, 162
- wisdom, volunteering, 217–218,
224
- Wolfe, Tom, 116
- women
adult friendships and, 39, 67,
68, 69
age-difference dating and,
63–64
communities of, 156–157
workplace equality of, 2
- work, reasons for, 89–90. *See*
also careers; workplace
- workaholic culture, 28
- worker shortage, 93–94
- working from home, 95, 104
- work–life balance, 32, 83, 84,
181, 182
- workplace, 2, 27–30
demand for older adults in, 19,
94–95
endless work and, 28–29
flexibility, 19, 27–28, 30, 94–95,
104
friendships in, 70, 89
learning programs, 118–119
leaves/sabbaticals, 14, 32,
119–120
mobility, 7, 14
older vs. younger workers in,
95–96
paid benefits from, 27–28, 94
staying vs. finding new
employer and, 104–108
tax-favored accounts and,
196–197
workweek averages, 27
See also careers
- World, The* (cruise ship), 174
- World Explorer Cruises,
137–138
- World Tourism Organization, 29
- Worldwide Elder Corps,
222–228
- World Wide Web. *See* Internet
- Wright, Frank Lloyd, 16
- Xerox, 32, 94
- Yager, Jan, 67, 69, 70
- Yahoo! personals, 65
- Young, Allen, 46
- youth hostels, 30
- YWCA, 226
- Zabalo rain forest, 47
- Zeta-Jones, Catherine, 63
- Zorba the Greek* (film), 231