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[Aging well means]

"learning to live

with neither too

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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
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greedy enough to

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unprecedented series of studies, Harvard Medical School has followed 824 subjects -- men and women, some rich, some poor -- from their teens to old age. Harvard's George Vaillant now uses these studies -- the most complete ever

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be done. Dr.
Vaillant suggests

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that 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

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the social model of developmental stages and the emotional model of adaptational mechanisms of defense.

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What are the key

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factors in
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Dr. Vaillant, a
noted psychiatrist,
researcher, and
director of the
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provides a lucid
summary of the
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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

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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
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Your Loved One's
Sleep Routine, as
Well ...

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George E. Vaillant,
MD. New York:
Little, Brown & Co.,
2002. Pp. 273-
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Kathryn R. Ward
and Geoffrey W.
Sutton (Evangel Un
iversity/Springfield,
MO). What are the
key factors in
successful aging?
Dr. Vaillant, a
noted psychiatrist,
researcher, and
director of the
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choices play a
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determining how
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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

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for them. I can
prayer and follow
their example.

They taught me to
pray for all things
and believe
nothing is
impossible with
God. When I was
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a kidney ...

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