

New Book Supports Older Americans and Families

By 2005 there will be over 66 million Americans over the age of 55. Americans need information about important aging issues, such as: What choices and factors will most contribute to my health, independence, and happiness as I age? How do Medicare and Social Security work? What types of advance planning should I be thinking about? What diet and forms of exercise will help me age well? What should I know about the network of senior services in my community? How can I reduce my risks of a fall or an accident, whether I'm at home, out and about, or driving a car? What should my family and I know about working together on the issues that concern us?

Aging in Stride is designed to fill the tremendous need that exists today for practical, easy-to-understand information on what it really means to age successfully. *Aging in Stride* is co-authored by three experts on aging and eldercare, each with a different focus: a physician, a minister and family counselor, and a lawyer.

The book's 384 pages are organized into 45 separate issue discussions, each followed by a list of additional resources, plus a collection of 26 forms to help gather and organize information and plan for the future. *Aging in Stride* also includes an online Reader Support Center at www.AginginStride.org. Readers can browse and select any of the online resources listed in the book. They can also print out any of the book's 26 forms for their own use.

Aging in Stride has been identified by professionals in the aging community as *the* book to have on aging. The book has co-marketing support from the American Society on Aging, and its co-publishing partners, including Easter Seals, the SPRY Foundation, the Society for Healthcare and Consumer Advocacy, PartnerShips for Aging, and many state healthcare and senior living associations. Responses from professionals in the community include:

"Comprehensive, well organized, and easy to use. A book older persons and their families will trust and turn to over and over again." - *T. Franklin Williams, M.D., former director of the National Institute on Aging*

"Reading *Aging in Stride* is like having an important conversation with a wise friend. It is an excellent book – remarkable for its range of topics, the quality of its advice, and its clarity of writing." – *Robert L. Kahn, Ph.D., Co-author, Successful Aging*

Aging in Stride answers the big questions, easing the stresses of aging for individuals and their families. It is an important and much needed resource for our communities as our population continues to grow older and live longer. *Aging in Stride* will be available in bookstores April 30th, 2004 for \$24.95 and is available now at www.aginginstride.org or 1-800-448-5213.