

CONTENTS

List of Tables	page xiii
List of Contributors	xiv
Foreword	xvii
Bill McKibben	
Introduction	1
Elizabeth Eckstrom, MD, MPH, MACP	
1 Map and Compass	4
Marcy Cottrell Houle	
PART I CARING FOR YOUR MIND	
2 A Goal Higher than Joy	13
Marcy Cottrell Houle	
3 Why Does Having Purpose Matter?	18
Elizabeth Eckstrom, MD, MPH, MACP	
4 An Open and Determined Mindset	22
Marcy Cottrell Houle	
5 Autonomy: Impossible without Adaptability	29
Elizabeth Eckstrom, MD, MPH, MACP	
6 Dance, Lucille, Dance	33
Marcy Cottrell Houle	
7 The Golden Spurtle	42
Marcy Cottrell Houle	
8 Is Retirement Bad for My Health and Well-Being?	50
Elizabeth Eckstrom, MD, MPH, MACP	
9 Humanitude: Why Human Connection Is Vital for Everyone	55
Marcy Cottrell Houle	
10 106 Proof	64
Marcy Cottrell Houle	

11 Killing Us Quietly: Why Social Isolation Is as Bad for Us as Smoking 69
Elizabeth Eckstrom, MD, MPH, MACP

12 Brain Health across the Lifespan: What Can I Do NOW to Prevent Dementia Later On? 74
Elizabeth Eckstrom, MD, MPH, MACP

PART II CARING FOR YOUR BODY

13 Protect Your Bones throughout Your Life 87
Elizabeth Eckstrom, MD, MPH, MACP

14 Why Your Bladder, Kidney, and Perineal Health Matters 93
Elizabeth Eckstrom, MD, MPH, MACP

15 Maintaining Your Blood (Cardiovascular) System 99
Elizabeth Eckstrom, MD, MPH, MACP

16 Our Muscles throughout the Lifespan: Build Resilience Now to Prevent Frailty Later 107
Elizabeth Eckstrom, MD, MPH, MACP

17 The Wonderful World of Microbiota and the Value of the Mediterranean Diet 112
Elizabeth Eckstrom, MD, MPH, MACP

18 What Happens to the Immune System as We Age? 117
Elizabeth Eckstrom, MD, MPH, MACP

19 The Problem of Pain in Older Adults: And What You Can Do about It 123
Elizabeth Eckstrom, MD, MPH, MACP

20 Don't Give In and Live with Pain: First, Give Physical Therapy a Try 130
Darla Philips, PT, DPT, ATC, OCS

PART III CARING FOR YOURSELF AND YOUR FAMILY: PRACTICAL PLANNING

21 Who Needs an Estate Plan? Everyone 135
Wendy K. Goidel, Esq.

22 Financial Planning through the Decades 153
Wendy K. Goidel, Esq.

<i>Contents</i>	xi
23 An Ethical Will: Leaving Your Legacy to Loved Ones	164
Wendy K. Goidel, Esq.	
24 You’ve Become a Caregiver: Now What?	170
Elizabeth Eckstrom, MD, MPH, MACP	
25 So Many Living Arrangements: Which One Is for You?	175
Elizabeth Eckstrom, MD, MPH, MACP	
26 Do This One Simple Thing to Add 7.5 Years to Your Life!	181
Elizabeth Eckstrom, MD, MPH, MACP	
PART IV CARING FOR YOUR SOUL	
27 I Don’t Want to Go Downstairs!	187
Marcy Cottrell Houle	
28 How NOT to Be Afraid of Dying and Ensure That Your Family Remembers Your Death as a Peaceful One	196
Elizabeth Eckstrom, MD, MPH, MACP	
29 Only Two Things	204
Marcy Cottrell Houle	
30 Grief and Loss: Normal Parts of Aging. Not to Be Missed	211
Elizabeth Eckstrom, MD, MPH, MACP	
31 Living to Make a Difference	216
Marcy Cottrell Houle	
32 The Great Leveler	223
Marcy Cottrell Houle	
33 View from the Mountain	230
Marcy Cottrell Houle	
34 The Healing Power of Nature	235
Elizabeth Eckstrom, MD, MPH, MACP	
35 The Best Place in the World to Grow Old	239
Elizabeth Eckstrom, MD, MPH, MACP	
36 From Revolution to Pandemic	243
Marcy Cottrell Houle	

XII	CONTENTS
37 The Power of Positivity	253
Elizabeth Eckstrom, MD, MPH, MACP	
38 An Incredible Journey	257
Marcy Cottrell Houle	
Afterword	259
Elizabeth Eckstrom, MD, MPH, MACP	
<i>Acknowledgments</i>	261
<i>Appendix: Elizabeth’s Original Mediterranean Diet Recipes</i>	263
<i>Index</i>	271