

# Contents

<i>Foreword</i>	ix
Casper ter Kuile	
<i>In Gratitude</i>	xiii
<i>Introduction</i>	xvii
 <b>PART ONE: <i>Becoming an Elder</i></b>	
1 Celebrating a Milestone Birthday	3
2 Committing to a Purposeful New Focus	11
3 From Retirement to Renewment	19
4 Embracing the Joy of Facing Finitude	29
 <b>PART TWO: <i>Loved Ones</i></b>	
5 Launching Children	37
6 Relaunching Ourselves	43
7 Celebrating Friendship	49
8 Renewing Partnership Vows	57
9 Becoming a Grandparent/Grandfriend	65
10 Finalizing a Separation or Divorce	75
11 Moving Forward After the Death of a Partner	83
12 Beginning a New Relationship	91
 <b>PART THREE: <i>Bodies Changing, Caregiving, and Caregetting</i></b>	
13 Needing Something to Lean On	99
14 Coming Out with Memory Loss	107
15 Becoming a Caregiver or a Caregetter	119
16 Starting or Ending Medical Treatment	129

PART FOUR: *Community*

17	Saying Goodbye to a Parent's Home	139
18	Decluttering or Downsizing Your Home	145
19	Leaving Your Home	149
20	Moving into a New Community and a New Home	157
	<i>A Concluding Thought</i>	165
	<i>Notes</i>	167
	<i>About the Authors</i>	177