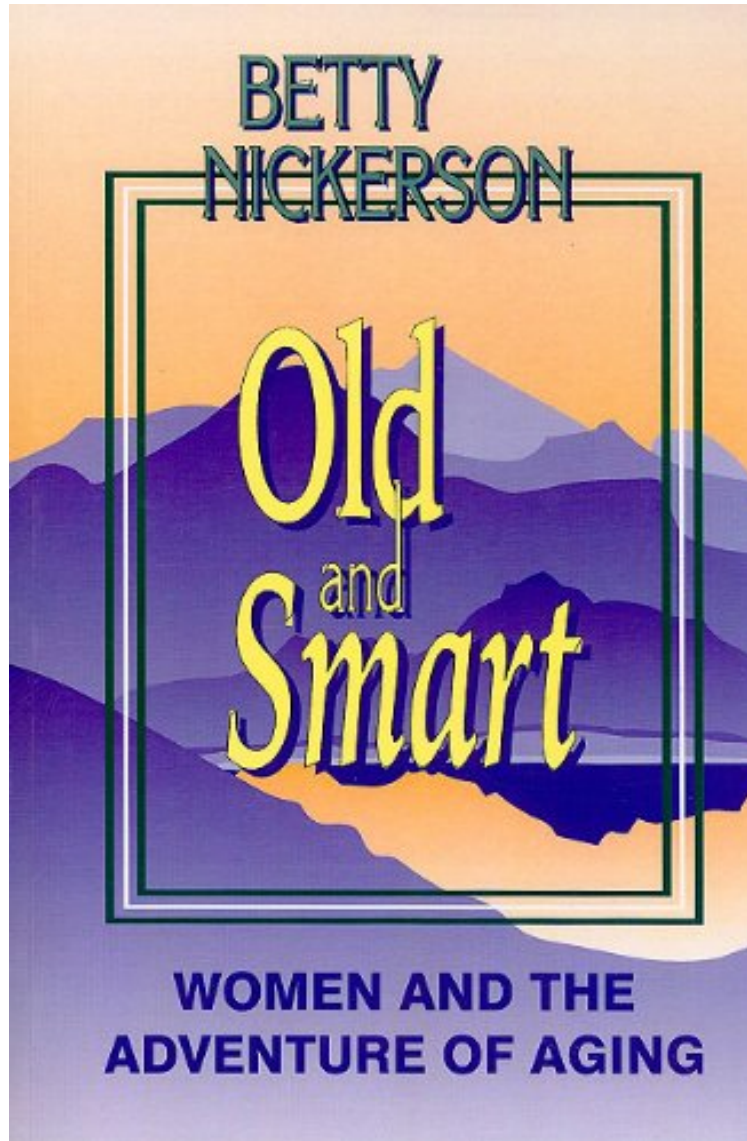


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Old and Smart: Women and the Adventure of Aging

Betty Nickerson

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Betty Nickerson : Old and Smart: Women and the Adventure of Aging before purchasing it in order to gauge whether or not it would be worth my time, and all praised Old and Smart: Women and the Adventure of Aging:

Betty Nickerson, writer, sociologist, curator and TV producer - now in her mid-seventies - knows that when it comes to aging, you just can't believe anyone under 60. She has spent decades talking to ageful women at bus stops, checkout

counters, doctor's offices, rallies, meetings and funerals. And she knows that her Age Mates are not little old ladies, but women with enormous energy to give to the future of the world. From Nickerson's formal and informal studies and her many workshops and presentations on aging comes *Old and Smart* - a recipe for aging freely and joyfully. The author explores the mystery of aging, past and present, and deals specifically with the interests, needs, and shared experiences of today's mature women. She speaks frankly about children, health, drugs, grief, memory loss, money, spirituality, sex and much more. Many personal stories are also woven in, and there are special sections like "House Rules for Husbands" and "100 Things to Do That Don't Cost Money." *Old and Smart* is a much needed examination of aging in our culture. Contrary to our accepted myths and suppositions, Nickerson turns aging into an adventure filled with possibilities - a state of being to be accepted, not denied.

About the Author Betty Nickerson was born during a Kansas tornado in 1922. She earned her BA in sociology and agriculture and did postgraduate work in Interdisciplinary Communications at McGill University. She raised three children, and spent seven years writing, producing and hosting youth TV shows in Winnipeg. She has been awarded a British Council Fellowship, an India Arts Council Fellowship and the Queen's Jubilee Medal. She is the author of three other books and co-author of a fourth. She is founder of the Amazing Greys, a gathering of older women. Nickerson makes her home on Vancouver Island. Excerpt. Reprinted by permission. All rights reserved. "This book contains observations and suggestions on how we as individuals can be healthy, wealthy and wise. It also talks about some of the innovations we can put together out of our experience that will enable us to assume our responsibility now, and claim the rightful place of older women in creating the harmony the human family requires. We have the power to link our present needs to an ancient way - to find a flow which is meaningful but has gone underground to survive. Older women may be the natural dowsers to recover the river."