

## As You Age ... Friendship Patterns

*As You Age: Issue 3: Kathleen M. Stadler and Pamela B. Teaster \**

**As you age**, it is important to recognize that our social patterns change. We may retire from full-time work, or we may take on entirely new work. Upon retirement, our friends may stay in the same neighborhood (aging in place), or move to a warmer climate or closer to family. Friendship patterns in old age may stay the same or change from those focused on work. New friends may be discovered through religious activities, travel, new employment, new learning activities, or volunteer opportunities.

People have more freedom than ever before in choosing their family and friendship patterns. They may move from one location to another with greater ease because of various improvements in modes of travel, such as especially equipped vans and cars for persons with functional limitations. Telephones are adapted for persons who are hard of hearing. The use of the Internet enables persons to communicate around the globe through e-mail.

Source: Blieszner, R., & Adams, R.G. (1992). Adult friendship. Newbury Park, CA: Sage Publications.

### Ways you communicate with your friends and family.

Circle the ways you communicate with your friends and family.



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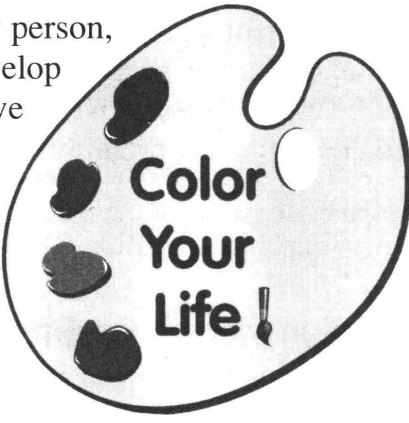
## As You Age ... Help From Social Support

- We generally seek help from our informal network (family or friends).
- The formal network tends to include agencies and organizations.
- Older people often like to give something in exchange for having help.
- Older people will generally accept help if they believe that the help is provided in a positive manner.

### Color Your Life Though Friendship

When we meet a new person, a friendship may develop through positive/active communication.

We continue the friendship based on how trustworthy, easy-going, or accessible the person appears.



Write your favorite activities with friends here:

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Friendships that deepen depend on increased interaction and greater sharing.

Some friendships decline due to changes in health, communication, relationships, or physical distance.

Friendships can continue for decades, although friends must work to maintain them. They are usually sustained through similarities, communication, and positive feelings.

Source: Blieszner, R., & Adams, R.G. (1992). Adult friendship. Newbury Park, CA: Sage Publications.

*A friend may well be reckoned the masterpiece of Nature.*

Ralph Waldo Emerson,  
*Essays, Friendship*

# Recipe for Friendship

## Ingredients:

A desire to take control of your own aging and health through friendships with others of all ages.

## Add:

Opportunities for making new friends and maintaining old friendships.

## Stir:

Join organizations, volunteer, plan visits or trips with friends, call old friends on the phone.

## Bake:

Consider staying in touch with/making new friends by using e-mail. Through e-mail, you can send pictures, old (scanned) documents, connect your friends to information that they need, and even send greeting cards.

## Serve:

Continue to maintain friendships through travel and communications.

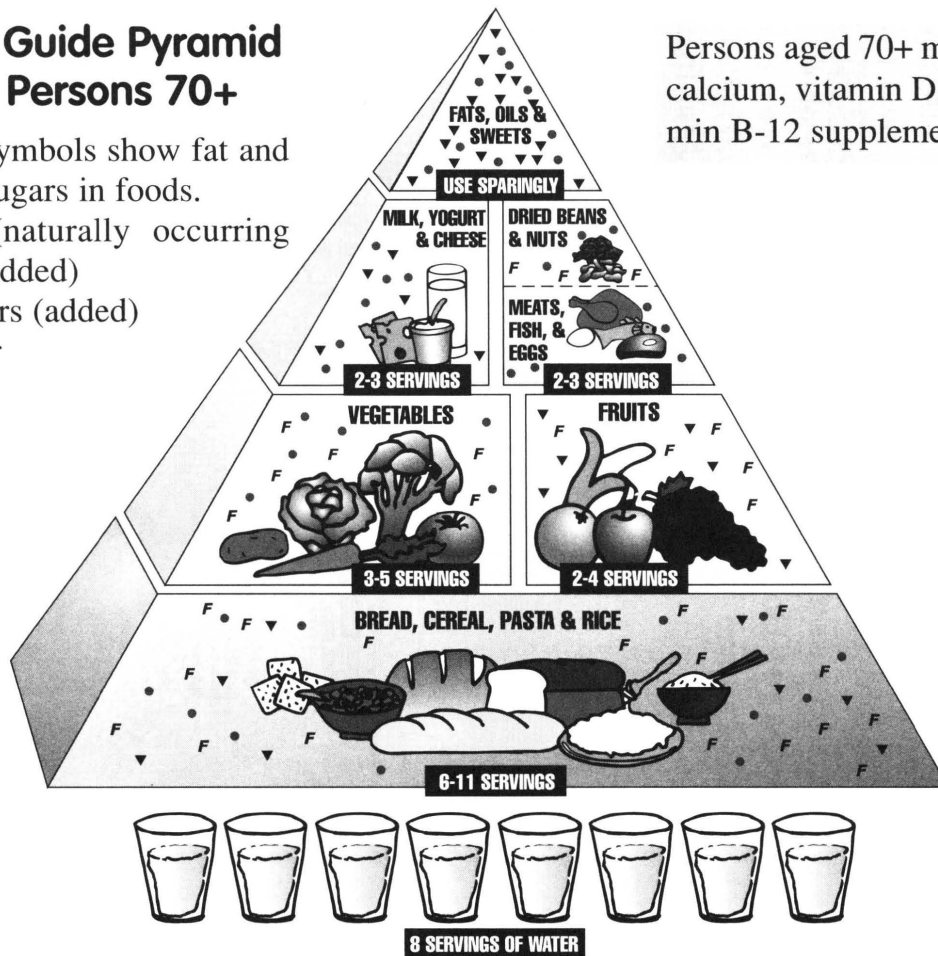
There have never been so many ways to stay in touch with new and old friends!

Source: Blieszner, R., & Adams, R.G. (1992). Adult friendship. Newbury Park, CA: Sage Publications.

## Food Guide Pyramid for Persons 70+

These symbols show fat and added sugars in foods.

- Fat (naturally occurring and added)
- ▼ Sugars (added)
- F Fiber



Persons aged 70+ may need calcium, vitamin D, or vitamin B-12 supplements.

# As You Age ... Recipe for Healthy Aging

**As you age**, you prepare and select many “ingredients” to live a healthy and active life. As you participate in the “*As You Age*” educational programs for senior adults, you will learn about new and old preparation skills and ingredients to use in your life. Put this “Recipe for Healthy Aging” card where you can see it. Try to do all of these healthy aging practices every day!

## Preparation

1. Select a new topic or area of interest to learn about your own aging. Pursue a creative outlet for your interests.
2. Find resources on aging and become your own expert on a particular aging issue.
3. Learn about health-related changes as you age. Practice healthy physical and mental habits.
4. Ask your friends to participate in activities that you enjoy.
5. Set specific age-related goals and work to achieve them.
6. Encourage other older persons to take up active aging.
7. Communicate with one person each day.

carrots, collard greens, kale, & spinach (vegetables contain vitamins, minerals, and phytochemicals).

3. Eat at least 3 servings of calcium-rich foods.
  - Choose a variety of calcium-rich foods, such as milk products, yogurt, cheese, greens, broccoli, sardines with bones, or tofu.
  - Choose Vitamin D fortified foods, such as fluid milk, dried milk products, and cereals.
4. Eat a protein-rich diet.
  - Choose a variety of fish, lean meats, dairy foods, and dried beans and peas for needed protein. Vitamin B-12 is found in animal proteins.

5. Drink enough fluids.
  - Drink 8 glasses of water, or other fluids (100% fruit juices, beverages, or soup).
  - Drink tea, coffee, and caffeinated sodas in moderation.

## Directions

1. Mix the above ingredients together to create colorful meals and snacks. Try to eat smaller, more frequent meals.
2. Share healthy foods with family and friends.
3. Discover new ways to prepare foods to meet age-related changes.

## Ingredients

1. Eat a variety of nutrient-dense foods from the Food Guide Pyramid.
2. Eat a fiber-rich diet.
  - Choose a variety of whole wheat foods, such as barley, whole wheat bread, cereals, oatmeal, brown rice, or whole wheat pasta to your diet.
  - Choose a variety of colorful fruits as snacks, part of a meal, or as dessert—apples, bananas, pears, peaches, strawberries, & melons (fruits contain vitamins, minerals, and antioxidants).
  - Choose a variety of colorful vegetables, such as broccoli, bell peppers,

**Food Guide Pyramid for Persons 70+**

