



“We’ll get by with a little help from our friends”

The Fierce Urgency of Money. Page 57

If you do not currently have a circle of friends to count on or you have no intention of cultivating new friendships, then hiring professional caregivers and care-related service providers may be a possible long-term care option for you—*that is, if you can afford it.*

Where You Live Matters. Page 85

Where you live now may not be the most desirable living arrangement and environment for growing old: but with adequate planning, you can control your housing destiny and prevent last-minute, regrettable decisions.

Not Just About Old People. Page 93

With many people aging home alone, we simply cannot afford to alienate one another. Three specific community goals must be addressed: The age-friendly community, the dementia-friendly community, and the LGBTQ-friendly community.

The Broken Hearts Club. Page 139

As years pass, family members and longtime friends will die off. Every loss hands you an experience you can get nowhere else. What becomes important are the choices you make and the stories you tell yourself as you journey on the path to aloneness.

Widowhood: Before and After. Page 142

Committed Couples Need Outside Friendships. Page 155

Can we ever prepare for the death of a spouse or partner? Perhaps not. It has been said that widowed grievers use a very simple calendar: before and after the death of their loved one. There is work to do in anticipation of aging solo.

Mealtime, Loneliness, and Thoughts to Chew On. Page 152.

Join the “Let’s Eat Together” movement and change the world of loneliness and isolation one meal at a time.

Make New Friends. Page 160

Feel queasy at the thought of approaching and conversing with people you do not know? Entering and working a room, and overcoming being uncomfortable, can be taught. Here’s where to find a never-ending pool of potential friends.

Your Social Network May Be Wide, but Is It Deep? Page 164

When the going gets rough, why do some so-called friends disappear? Creating a dependable circle of support requires time and hard work.