

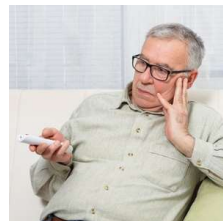
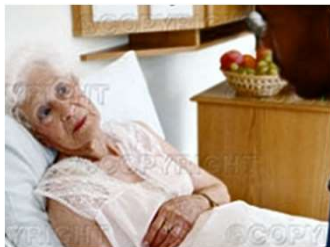
# AGING IN NODAWAY COUNTY: REWIRING, RE-CREATING, AND REVITALIZING



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# Oh the Times Are Changing...



# Ways We Age



Chronological



Functional



Physiological



Social

- Old Definition of “*Retirement*”
  - To withdraw from life



Ida May Fuller – January 30, 1940

- New Definition of “*Retirements*”
  - A functional shift that changes everything

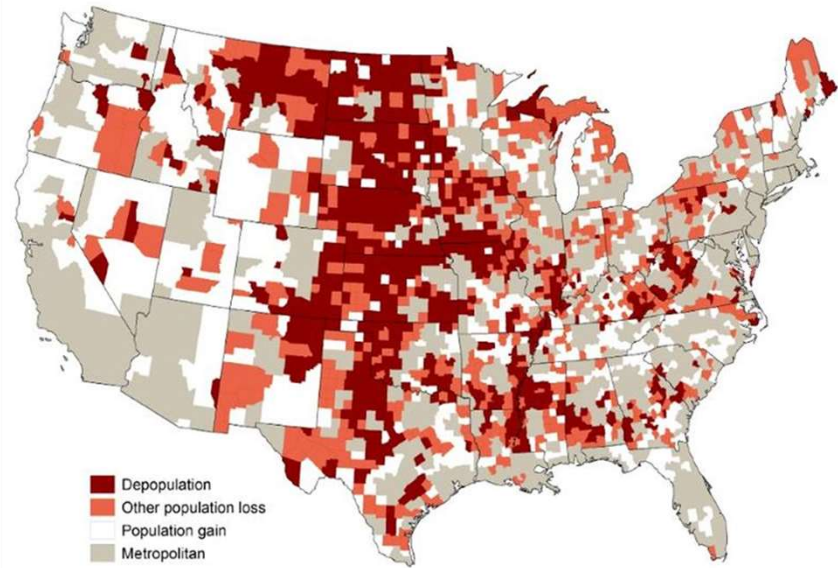
- Rewirement
- Encore life /career
- Third age /stage
- Retirementhood
- Refocus
- Re-tire

# Robert Atchley's Stages of Retirement (1988)

- **Stage 1: Pre-Retirement** starts about 10 years before the actual date of retirement. The person begins to think about what retirement will be like.
- **Stage 2: Honeymoon Phase** starts just as retirement begins. It can happen a few months before the actual date and last up to a year afterwards. This is when the retiree feels a sense of euphoria and freedom from the demands of work. Not every retiree experiences this phase.
- **Stage 3: Retirement Routine** slowly takes shape as a new daily routine is developed.
- **Stage 4: Disenchantment** can begin when the activities of retirement do not meet up with the dreams the person had earlier. It is **vital for retirees to connect with people and activities during retirement that bring them a sense of purpose and fulfillment.**
- **Stage 5: Reorientation** occurs when acceptance that retirement may not be what the fantasy was. Settling into a new state of normalcy.

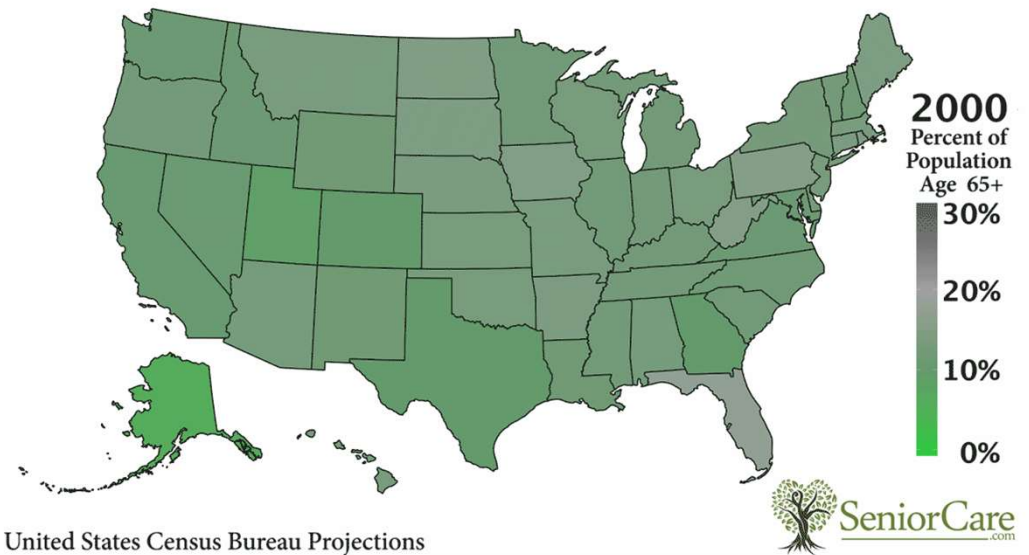


FIGURE 3. DEPOPULATION IN NONMETROPOLITAN AMERICA



Source: Census Bureau, Census of 1990 to 2010.

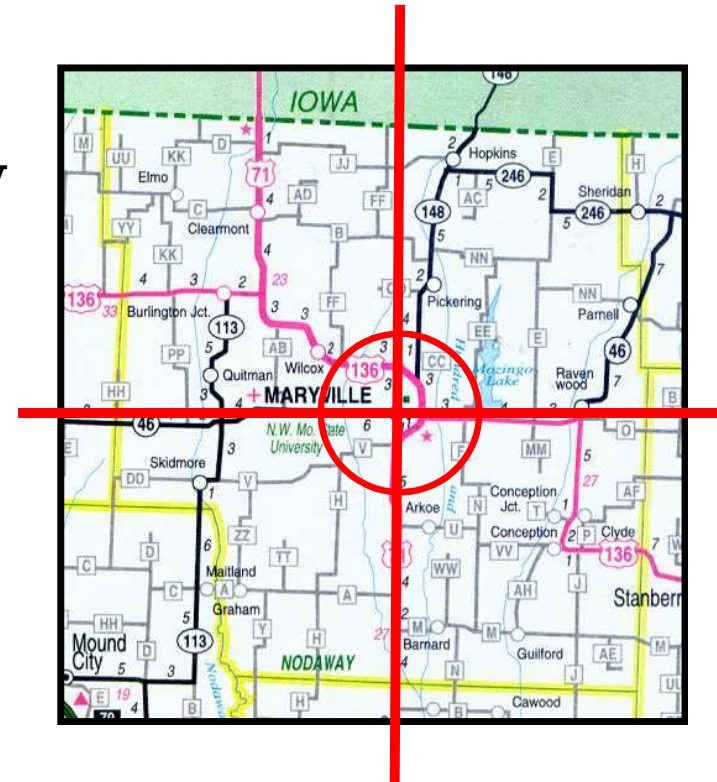
## The Graying of America



Source: United States Census Bureau Projections

# Demographic Aging in Nodaway County 2000 - 2030

- **Total County** population increased by only 2.7% over last 20 years (from 21,875 to 22,472);
  - Maryville population (2017): 11,757
- **Residents age 60 and over** increased by approximately 32% over last 20 years (from 3,817 to 5,032);
- **Total County** population projected to increase by only 4% by 2030 (from 22,472 to 23,370)
- **Residents age 60 and over** estimated to **grow by an additional 15%** by 2030 (from 5,032 to 5,764);
- **Summary:**
  - **Between 2000 and 2030, Nodaway County population estimated to grow 6.7% - while Residents 60 & over estimated to grow approx. 50%**
- **Senior Center - Hub of Aging Services for County**





| Mean  | Rank | NEEDS                           | Northwest | Northeast | Southwest | Southeast | Maryville |
|-------|------|---------------------------------|-----------|-----------|-----------|-----------|-----------|
| 18.34 | 8    | Good Nutrition                  | 32.00%    | 13.20%    | 19.05%    | 10.53%    | 16.91%    |
| 47.13 | 1    | Your Health                     | 48.00%    | 43.39%    | 47.62%    | 47.37%    | 49.29%    |
| 32.34 | 2    | Mobility                        | 44.00%    | 33.96%    | 23.81%    | 28.95%    | 30.99%    |
| 18.44 | 7    | Transportation                  | 37.50%    | 5.88%     | 20.00%    | 11.76%    | 17.07%    |
| 6.27  | 12   | Legal Issues                    | 4.55%     | 1.96%     | 10.00%    | 5.88%     | 8.74%     |
| 19.05 | 5    | Lack of Information             | 19.05%    | 19.61%    | 20.00%    | 20.59%    | 16.00%    |
| 15.54 | 10   | Lack of Assistance              | 13.64%    | 10.00%    | 21.05%    | 17.65%    | 15.35%    |
| 18.00 | 9    | Feeling Lonely, Sad or Isolated | 21.74%    | 12.00%    | 20.00%    | 14.70%    | 21.67%    |
| 20.72 | 4    | Financial Problems              | 20.83%    | 19.61%    | 20.00%    | 20.59%    | 15.68%    |
| 18.85 | 6    | Fear, Depression, &/or Anxiety  | 9.10%     | 22.00%    | 20.00%    | 17.65%    | 25.49%    |
| 3.75  | 13   | Victim of Crime                 | 0.00%     | 5.88%     | 5.00%     | 5.88%     | 2.00%     |
| 6.78  | 11   | Housing                         | 8.70%     | 5.88%     | 10.00%    | 5.88%     | 3.45%     |
| 20.82 | 3    | Providing Care for Someone      | 21.74%    | 23.53%    | 21.06%    | 17.65%    | 20.11%    |



# Thanks for Inviting Me!



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