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

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NWMSU Retiree Association, 5/2/19 - Invited
Oh the Times Are Changing…
Ways We Age

- **Chronological**
- **Functional**
- **Physiological**
- **Social**
• Old Definition of “Retirement”
  • To withdraw from life

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

Ida May Fuller – January 30, 1940

• 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.
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**
<table>
<thead>
<tr>
<th>Mean</th>
<th>Rank</th>
<th>NEEDS</th>
<th>Northwest</th>
<th>Northeast</th>
<th>Southwest</th>
<th>Southeast</th>
<th>Maryville</th>
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<tbody>
<tr>
<td>18.34</td>
<td>8</td>
<td>Good Nutrition</td>
<td>32.00%</td>
<td>13.20%</td>
<td>19.05%</td>
<td>10.53%</td>
<td>16.91%</td>
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<td>43.39%</td>
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<td>33.96%</td>
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<td>28.95%</td>
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<td>18.44</td>
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<td>Transportation</td>
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<td>11.76%</td>
<td>17.07%</td>
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<td>16.00%</td>
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<td>17.65%</td>
<td>15.35%</td>
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<td>Feeling Lonely, Sad or Isolated</td>
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<td>12.00%</td>
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<td>14.70%</td>
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<td>18.85</td>
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<td>Fear, Depression, &amp;/or Anxiety</td>
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<td>20.11%</td>
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</table>
Thanks for Inviting Me!

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