

PROFESSOR ROBERT N. BUTLER

Chairman, Department of Geriatrics and Adult Development
Mount Sinai Medical Centre, NEW YORK
Board Member, International Institute on Aging

Letter of Commendation addressed to the UNITED NATIONS and the GOVERNMENT OF MALTA on the inception in 1988 of the International Insitute on Aging and the first issue of BOLD

It was a memorable experience for me to visit this extraordinary island republic called Malta, and April 15, 1988 remains a memorable day for me. This was the day that His Excellency Javier Pèrez de Cuèllar recognised the United Nations International Institute on Aging through his participation in the beautiful inauguration of the Institute in Valletta. He addressed the Parliament the following day and received the Doctorate of Science (Honoris Causa) at the church of the University in Valletta. This was the first time the U.N. Secretary General had visited Malta.

I was also impressed by the beautiful words spoken by Prime Minister Edward Fenech Adami at the time of the inauguration and at the dinner he hosted at the Verdala Castle. His recounting of Malta's initiatives based on the heritage of mankind struck me in particular. He saw the Institute as a symbol for the value of older persons to mankind. It was obvious that this sentiment was consistent with the views of the Institute's nine board members representing nine nations and the continents of the world.

In the 1960s, the present President of Malta, Dr.



Vincent Tabone, an ophthalmologist, focused the world's attention on that extraordinary, international fact of life, the unprecedented increase in the number and proportion of older persons in the world. I remember vividly two other outstanding leaders present that day: Prof. John Rizzo Naudi, the Parliamentary Secretary for the Care of the Elderly, and Dr. Alfred Grech, Director of the Institute. Those days in Malta remain indelibly printed on my mind.

The seeds for the International Institute on Aging were planted some four years earlier. While I was serving as the Director of the National Institute on Aging, I was an advisor for the World Health Organization on the occasion of the United Nations World assembly on Aging (UNWAA), which occurred thanks to the efforts of Malta. The UNWAA was held during a two week period in July and August of 1982 and created an outstanding International Plan of Action on Aging. The creation of the United nations International Institute on Aging was a direct consequence of that action.

But worldwide response to the UNWAA has not been adequate and, again, Malta is to be credited

for its determination in seeing that something be done. Various nations of the world, as well as individuals, corporations, educational institutions and individual benefactors should think of Malta as a kind of world capital for study and training in gerontology.

My next visit to Malta occurred a year after its inauguration to participate in the Expert Group Meeting for the long-term Diploma Course in Gerontology. I was very pleased to see that the Institute was becoming an effective entity and reaching out, as intended, to the developing world with respect to both training and applied research.

The Institute moves forward under the excellent chairmanship of the Board provided by the Honourable Margaret J. Aristee, the Director-General of the U.N. Office at Vienna. Under her leadership, significant programmes and fundraising have been introduced.

From a geographical perspective, Malta might appear to be a minor speck in the Mediterranean but, from the cultural and geopolitical perspectives, what a unique speck it is, with its ties to Europe, North Africa and the Middle East. The Island of Malta saw the emergence of the first agricultural civilization to spread over the entire Mediterranean. Some temples even predate the Giza pyramids. It was the locus of trading and colonialisation by the Phoenicians. It witnessed the rise of the Carthaginian empire in North Africa. In 1565, it survived the Great Siege. The defeat of the Turkish invaders constitutes one of the great military events of European history, and it later survived the Second World War. Malta is a country with a rich past and a vision for the future. Its concern with the heritage of the sea, the heritage of humankind and the preservation of the environment deserves worldwide acclaim. As the home of the International Institute on Aging, it also deserves our admiration and thanks.





OBITUARY TRIBUTES OF HONOUR TO ROBERT N. BUTLER

*An Outstanding Scientist, an Educator and
a World Leader in the Field of "Aging"*

By Professor JOSEPH TROISI
Director International Institute on Ageing, UN-Malta

These were the very words which I used in my tribute to another giant leader in the field of geriatrics, namely Professor Gary Andrews who had passed away in May 2006. I am sure that these words apply without any doubt to Professor Robert Butler who passed away on Sunday evening 4th July in New York city 50 months after.

Personally I have been honoured to have known Bob, as he liked to be called, as a friend, a colleague, an educator and a champion and a 'legendary leader' in the field of ageing. I still remember the 15th April 1988 when Bob was present for the opening of the International Institute on Ageing (INIA) by the then UN Secretary General H.E. Mr. Javier Perez de Cuellar. His face was beaming with joy as if this memorable occasion was indeed a greater feather in his cap.

The following morning we had the Institute's first Board meeting which was chaired by Dame Margaret Anstee, then Chairperson and Director General of the UN Office at Vienna. As laid down in the agreement between the UN and the Government of Malta, the Institute's nine Board Members representing a geographical distribution,

are appointed by the UN Secretary-General. The term of office is of three years. Besides Dame Margaret Anstee, the first Board Members were the late Senator Susanna Agnelli (Italy), Professor Robert Butler (USA), Professor Candido Mendes de Almeida (Brazil), Professor Soetjamoko, former rector of the UN University, Indonesia; Professor Halina Szwarc (Poland), Ambassador Shuaib Yoloh (Nigeria), Professor Salvino Busuttil (Malta) and Professor Victor Griffiths (Malta).

As expected, INIA's first Board Meeting was full of ideas, enthusiasm and plans for the future implementation of INIA's UN mandate. I was requested by the Institute's director, the late Dr. Alfred Grech, to act as rapporteur for the meeting. On the second day, the 17th April 1988, during the coffee break I remember Bob took me aside and told me "If you work in the field of ageing you will find a lot of personal satisfaction". More than twenty two years have passed since that day and looking back I realize how right Bob proved to be. Those words have given me the necessary impetus to travel round the four corners of the world living up to INIA's mandate to fulfill the training and capacity building needs of developing countries and to facilitate in a

practical way, the implementation of both the Vienna and the Madrid Plans of Action.

While usually INIA's Board members are nominated to serve at the most for two successive periods, Bob Butler has been a Board member, for the past 22 years till his passing away. During these two decades Bob has always been a source of encouragement and advice to each one of us in our work. He always strived hard to promote the Institute's mandate of developing better qualified and trained personnel in the field of ageing as well as the exchange of information and knowledge in order to provide an international basis for social policies and action. He left no stone unturned to ensure the success of these activities.

To me he was a friend, a colleague, an educator, a great leader and a role model in the field of ageing. Alex Kalache's email dated 6th July informing us that Bob had passed away came as a big surprise and as a complete shock as I am sure it did to all who knew him.

Bob was "one of the giants of gerontology in our time, a thinker and a doer of the highest international calibre. His contribution to the science and practice of ageing as well as to the development of international standards and norms are well known and recognized throughout the world".

He had a global vision. Although working in the field of ageing for many a year, Bob never aged. As Monica Ferreira remarked "Bob of all people, like Gary Andrews, should have had a long longevity". But how appropriate are the words which Bob wrote in the inside cover of his latest book which he gave to John Beard, "To love and Longevity". What a fitting epitaph as John himself remarked.

One cannot mention all of Bob's achievements in the field of ageing. However, there are some which remain like masterpieces, works of art. He recognised discrimination against the elderly as early as 1968, coining the term "ageism." Eight years later, the publication of his Pulitzer-prize-winning "Why Survive? Being Old in America" solidified his reputation as someone who foresaw the impact that aging would have on society. He was a founding director of the National Institute on Aging of the American National Institute of Health, as well as America's first department of geriatrics at Mount Sinai School of Medicine. He was a prolific writer authoring some 300 scientific and medical articles.

He is also the founder of various Longevity Centres throughout the four corners of the world. These serve as a think-tank impacting policy on longevity, ageing and population change. Here he worked tirelessly burning many a night candle towards the recognition and establishment of "Human Rights in an Ageing World". Who can forget the way he led the discussion on *Older People as a Protected Class: Desirable or Feasible in Theory and Practice* which was organized in London by ILC (UK) on the 16th October 2007. Bob's presentation on what changes are needed to uphold the rights of older people in an ageing world remains a masterpiece.

Bob Butler's passing away is a great loss to all of us who knew him and who worked closely with him. It is also a tremendous loss to all older persons throughout the world to whom without their knowing Bob gave them a lot. He contributed towards their dignity. Until the very end Bob was active and passionately dedicated to Geriatrics. Another big giant has gone for his reward.

By Professor SALV. BUSUTTIL
Member, International Board of INIA 1988 - Malta

INIA would not have happened had not Robert Butler used his considerable persuasive muscle to create this United Nations entity the project for which had lain dormant for many years. When I was asked to help resuscitate the project by our then Permanent Delegate to the United Nations, Joseph Attard Kingswell, Robert Butler became quickly a valued ally in the long process to get United Nations "blessing" for the exercise.

Time and time again, Robert would offer not just verbal comfort when the going got rough, but lent his experience and standing to smooth difficult paths. His foresight and his brilliance as well as his extraordinary knowledge of third age problems were deeply appreciated by the INIA Board. Indeed INIA today, owes every gratitude to this visionary gentleman. INIA in a short space of time has lost two of its original stalwarts, the other being Susanna Agnelli.

By Professor FREDERICK FENECH M.D., F.R.C.P.
Director of INIA, 2001 - 2007

It was with great and deep sorrow that I learned of the death of Professor Robert Butler at Mount Sinai Medical Center in New York on Sunday July the 4th at the age of 83 years. Professor Butler was indeed widely acknowledged as world authority in the field of Geriatrics. He was a strong and authoritative moral voice proclaiming widely the duty and the need for Society to value the elderly.

He was the Founding Director of the National Institute on Ageing in the United States. In 1983, he became the Founding Professor and Chairman of the first US Department of Geriatrics established in the United States at the Mount Sinai School of Medicine in New York. Besides writing several books on Ageing, in 1976, his book, "Why survive being old in America" won the Pulitzer Prize.

I first met Professor Butler in 1987 when he was one of the International Advisors on the setting up of the UN International Institute on Ageing and I was the Dean of the Faculty of Medicine representing the University in the discussions. I was at that time very much impressed by his quiet

personality and the wealth of his experience and knowledge. When the Institute was established in Malta in 1988, he was one of the International Board Members and had remained one since. I came to know him better when I became Director of the Institute between 2001 and 2007 and I made full use of his advice and experience. He was one the world leaders in the field of Ageing. His concepts of productive and active ageing were well exemplified by himself having remained very active till the very end. He founded the International Longevity Center in New York, a center dedicated to research, policy and education related to longevity and Ageing. He was a strong believer that by intervening in the biological process of ageing, one could increase the disease free lifespan - what he called the Longevity Dividend.

Professor Butler was a trustworthy and loyal friend of Malta and the UN International Institute on Ageing. I for one will miss a friend. World Medicine and Geriatrics in particular has lost one of its top physicians, a scholar and a gentleman.

**By Dr KEN TOUT M.S., Ph.D., MCIPR
West Sussex, England**

For many years I was privileged to travel to many countries in the cause of ageing. Everywhere I went people knew the name Robert Butler. This was not only in large academic centres but in developing countries where gerontology was in its infancy. As a gerontologist one was impressed by the breadth of his knowledge and interests, not as has sometimes

been said of academics 'knowing a great lot about very little'. Yet when you met him you almost said 'Can this be the great Bob Butler?' He was the kind of man you were lucky to meet and chat to at a busy party, making you feel at ease. In all, a unique blend of utter mastery of subject with personal charm and modesty.

**By Dr ALEXANDRE SIDORENKO
Chief Population Unit,
U.N. Economic Commission, Geneva**

We have lost the giant of gerontology and geriatrics, the world leader of modern science and practice of ageing.

A sheer list of his official accomplishments is stunning. He was the founding director of the National Institute on Aging at the United States Institutes of Health where he served from 1975 until 1982. In 1982, he founded the Department of Geriatrics and Adult Development at the Mount Sinai Medical Centre, the first department of geriatrics in a United States medical school. He established the International Longevity Centre-USA (ILC-USA) and served since 1995 as its president and CEO. He also helped establish and led the American Association for Geriatric Psychiatry, the Alzheimer's Disease Association, the American Federation for Aging Research, and the Alliance for Aging Research. President Bill Clinton appointed Dr. Butler chairman of the 1995 White House Conference on Aging. Before passing away, he served as professor of geriatrics and adult development at the Brookdale Department of Geriatrics and Adult Development of the Mount Sinai Medical Center in New York, CEO of ILC-

USA, member of the board of the International Institute on Ageing, UN-Malta, and was leading a committee on aging for the World Economic Forum.

Dr. Butler was a great thinker and advocate. He faceted several terminological jewels that have shaped the modern thinking in gerontology, but most importantly prompted policy action on ageing. The best known word he introduced to describe and condemn discrimination against older persons is "ageism". As a psychogerontologist, he introduced a concept of "life review" for depicting the phenomenon of older person's immersing into old memories. And perhaps his most recent terminological innovation was the word "shortevity" that he was using to refer to the outrageous shortening of life in poor countries.

He was the author of several books that have framed and directed the thinking and action in the field of ageing. In 1975, Dr. Butler wrote a book "Why survive? Being old in America" that later earned him a Pulitzer Prize. In 1976, together with his second wife, Dr. Myrna Lewis, he wrote the bestseller "Sex after Sixty" that became an international bestseller

and was later republished as "Love and Sex After 60". His most recent book, "The Longevity Revolution", was devoted to one of the most profound societal transformations in the history of humanity that has been caused by demographic ageing.

Dr. Butler's persistence and dedication were rewarded as he saw his ideas finding their ways into

action. As a chair of the 1995 White House Conference on Ageing, he led the process of formulating the recommendations for policy action on ageing in his country. We at the United Nations Programme on Ageing were proud to work with Dr Butler and his colleagues from ILC-USA during the preparations of the Second World Assembly on Ageing in 2002.

By Lady SALLY GREENGROSS O.B.E
Chief Executive
International Longevity Centre, U.K.

Robert Butler, a world leader in the field of gerontological and geriatric medicine sadly died, depriving us all of a unique and commanding presence in the field of ageing, policy, practice and research.

For me his death is more than a loss of a professional colleague; he was also a friend of more than 30 years, staying in my family home in London, with his wife Myrna, and opening his own home to me on visits to New York. Bob's life could have been so different. Coming from a difficult family background, he was brought up by his grandparents who battled against poverty during his formative years. They undoubtedly inspired him with their love and strength of character and his belief in the need to maximise the dignity and potential of older people was probably derived in part from his childhood experiences. As a medical doctor he pursued these aims throughout his life. I got to know him initially when he became the first Director of the National Institute on Aging but his battle to ensure better standards of care was well illustrated early on by his Pulitzer winning critique of care homes in America, the first of many books which have had a profound effect on the lives of older people. His recommendations for changing practice were hugely influential. This power to effect change continued throughout his life, accompanied by strong advocacy and a range of both academic and popular books

and articles which have had enormous influence in the US and across the world. It was Bob who first coined the word 'ageism' to describe the discrimination and prejudice against older people which still wrecks too many lives. His influence in accelerating change in this respect, from major legislation to modifying attitudes is unquantifiable in its scale. His latest book was published only three weeks before his death.

I have personally shared many varied and memorable experiences with Bob; from watching him speak at the UN and chairing the White House Conference on Aging to sharing platforms with him in many countries across the world to climbing up the steps of Big Ben with him and two delightful grandsons he brought to London. It has been an immense privilege to do so because I have been able to benefit from his wisdom, empathy with people from totally diverse cultures and his ability to listen and take onboard the views of others, which he was always ready to do. I shall miss Bob's unflagging energy. The long walks he insisted on taking whenever he was in London as he did in New York today still inspire me to be active, physically and mentally, at all times. I am just one of the countless older people in the world who has benefited in a huge number of ways from the brilliant and passionate work Bob Butler undertook for the benefit of us all, now and in the future.

The best tribute we can all pay him will be to carry on promoting the causes he believed in throughout his life: that the ageing of society is something we should celebrate and that older people are a force for economic growth and prosperity. We need to work, be it through the UN International Institute on Ageing in Malta, of which he was a founding

member, or through the ILC family of Centres throughout the world, or individually as committed people, working to ensure that older peoples' lives are purposeful and fulfilling. That is no small task but we owe it to him to continue, though sadly without his great leadership to inspire us.

**By Professor MONICA FERREIRA
President, International Longevity Centre
SOUTH AFRICA**

It is with immense sadness and shock that the global ageing community learnt of the death of Robert Neil Butler, at the age of 83, in New York, on July 4, 2010. Doyen gerontologist, and a valued and trusted friend and colleague, he was a giant among us. His life-time contribution to knowledge, research, policy and practice on ageing is monumental. His vision, energy, optimism, inspiration and leadership were extraordinary. His influence was far-reaching; in particular, the new perspectives he gave the world on being old.

The facts of his life and career are listed in numerous biographies. Suffice it to note that he was born in New York; trained as a psychiatrist - and became interested in ageing while doing an internship at St Luke's Hospital; worked as a research psychiatrist at the National Institute of Mental Health - where he studied the central nervous system in elderly patients; started the National Institute on Aging at the National Institutes of Health, in 1975 - which he headed for six years; and started and headed the first geriatrics department in the USA, at Mount Sinai School of Medicine, in 1982. In 1990, together with Shigeo Morioka in Tokyo, Japan, he established the International Longevity Centre: a policy, research and education centre which studies the impact of longevity on society and its institutions. Dr Butler was the CEO of ILCUSA, in New York, until his death.

Robert Butler was a prolific and remarkable author, with his 1975 book "Why survive? Being old in America" earning him a Pulitzer Prize. Later, he co-authored "Aging and Mental Health and Love and Sex After 60" with his late wife, Dr Myrna Lewis. The longevity revolution: "The benefits and challenges of living a long life" was published in 2008 and "The longevity prescription: The 8 proven keys to a long, healthy life" was released the week before he died. In each of his books he challenged long-held conceptions about ageing, arguing that senility is not an inevitable part of ageing. Rejecting simple description of older people's condition, he offered prescriptions for enhanced quality of life in old age. Refuting stereotypes of growing and being old, he helped to change attitudes: ageing came to be viewed as "a positive thing" for both older people and society. It was he who coined the word "ageism," still used widely to describe discrimination against older persons.

I became aware of Robert Butler's immense body of work and influence from the 1970s, and listened to numerous key addresses and lectures he gave in conferences around the globe. In the 1990s I became inspired by his vision for International Longevity Center. In 2003, he visited us in Cape Town (I headed the Institute of Ageing in Africa at the time), and invited me to start the first (and as yet only) ILC in Africa. At that point ILCs were operated in

the USA, Japan, the UK, France, the Dominican Republic and India. ILC South Africa (ILCSA) was the seventh centre to join the ILC Global Alliance, in 2005, followed by centres in Argentina, The Netherlands, Israel, Singapore and the Czech Republic. ILCSA is to host the annual meetings of the Board of the Alliance in Cape Town in October 2010. Dr Butler's memory and contribution will be honoured in a symposium and a lecture, to be given his name, within the meetings, and convened annually after that.

Dr Butler was a member of the Advisory Board of the UN International Institute on Ageing in Malta since its inception in 1988. The present Executive Director of INIA, Professor Joseph Troisi, writes that "[Butler] always encouraged us in our work,

and advertised our role and mandate internationally."

Bob, as he was affectionately known to us, was eloquent, gracious, humble and generous. He cut a dashing figure with his tall stature, boyish good looks and shock of white hair. He had a gentle humour, often with self-effacing wit. On learning of his death, colleagues around the world referred to him spontaneously as "a giant" and "a visionary leader," and as someone who always took time to guide younger people. Bob devoted his life's work to ensuring others enjoy healthy and productive longevity; it is poignant that he will not do so himself. It is telling nonetheless that he is said to have worked until three days before his death. We will miss him sorely and will honour his legacy.

**By Dr ALEXANDRE KALACHE M.D., Ph.D.
Director, WHO Programme on Ageing
BRAZIL**

A celebration of Bob Butler's life in a special edition of BOLD is an appropriate way for the gerontological global community to pay tribute to a giant figure who has guided, inspired and provoked us all over decades. I cherish the opportunity to contribute to it.

His multiple achievements are well known by BOLD readers - from the Pulitzer Prize in 1976 for his seminal book "Why Survive: Being Old in America" through to his establishment of the US National Institute of Aging and his co-founding of the American Federation for Aging Research, the Alliance for Aging Research, the Alzheimer Disease Association and the American Association for Geriatric Psychiatry. Add to these ground-breaking initiatives, chairmanship of the White House Conference on Aging by invitation of President Clinton and the creation and directorship of the International Longevity Centre.

I first met Bob in 1983 at a workshop on medical

education hosted by him in New York and co-organized by the World Health Organization. Bob as then the Chair of the first Professorship in Geriatric Medicine in the United States. At the time I was still working at the University of Oxford, trying to bring age care into the medical curriculum. Bob seemed to have all the arguments - based on his teaching experience - and he delivered them with clarity, passion and eloquence. He became an instant role model. Many years later I would tease him: "I have known you longer than you have known me !" He was indeed formidable - but never unapproachable even for a much more junior colleague.

That first encounter took place soon after the First World Assembly on Ageing in Vienna. I was then struggling to call attention to ageing in developing countries, against the received wisdom of the time that ageing was a subject of relevance only to the developed world. I found a strong ally in Bob. He was instrumental in ensuring that at the XIII

Congress of the International Association of Gerontology in New York, 1985, that there would be a full parallel programme on ageing in developing countries, which I co-organized as a consultant for the WHO Programme on Health of the Elderly to which he was already a senior advisor.

Bob was a compelling communicator. At any international event, the sessions in which he spoke were always "standing room only". He was equally attentive and welcoming to much smaller groups however, and always had time for one-to-one interactions. He was often challenging and was never shy to provoke or to ask incisive questions. He was quick to spot any weakness in any argument which he always delivered in a constructive manner that fed one's own thinking. Above all, he was always caring and supportive.

Bob was the only person that I will probably ever meet who created and donated a word to the English language. "Ageism" wasn't just a word. It was the recognition and labelling of a moral crime. Ageism he said in 1968 - is the "last major societal taboo" - and "ageing is the neglected step-child of the human life-cycle".

A shared passion against ageing discrimination consolidated our friendship over the years. Bob was an inspiration behind the WHO "Missing Voices"

study which I launched in 2000, in my position of directing the WHO Programme on Ageing and Health. Conducted simultaneously in nine countries, the study was an attempt to unearth and to make heard the voices and the suffering of millions of older persons subject to various forms of abuse throughout the world. Bob supported and encouraged the study - and subsequently would often quote from its findings. This shared passion hannelled eventually into our campaign toward the adoption by the United Nation of a Convention on the Rights of Older Persons. Bob was always quick to point out that the only group of the population still missing a convention is not only the one increasing the fastest but also the one with very obvious and very specific types of discrimination - from lack of access to education, health and social services to abandonment and negligence, from denial of job opportunities to all forms of elder abuse.

I have lost a friend, a mentor and an ally. The gerontological community has lost a champion and a pioneer. The World has lost a visionary, a man of deeds and a fine humanist. It would honour his memory to commit ourselves with even greater resolve to his last unfulfilled dream - to have adopted the UN Convention on the Rights of Older Persons. Eventually we will succeed. And on that day, the toast will rightly go to our lost leader.

**By Professor NANA ARABA APT
Dean, Ashesi University College,
ACCRA, GHANA**

A great tree has fallen! That is how we would describe the passing of a great man in Africa! Alex Kalachie was the first person to break the news to me regarding the passing of Professor Butler. I was absolutely astonished, more so because just a week before I had received publicity information about his latest book "The Longevity Prescription." I had not only promptly written back to confirm my interest to purchase a copy but also stated that I would ensure that the information received was

circulated to other African scholars in the field of gerontology. This is how much I valued the input of Professor Butler in gerontology. I remember what an impression his first book I ever read made on me way back in the eighties. I was reviewing literature for my PhD dissertation on The impact of modernization on aging in Ghana . There was then hardly any literature on aging issues in Africa so I was mostly reading Western literature for my dissertation. The concept of "ageism", that Butler

coined in his book "The Longevity Revolution" was such an interesting and powerful concept. This concept had legitimacy even then in Africa. I loved the book. It helped broaden my knowledge in gerontology matters at that time since I was myself not a gerontologist by profession but a self-teaching one for my PhD research in Sociology. He wrote several books on aging and I read them all including the Pulitzer-prize winning book *Why Survive* which proposed reforms for the elderly in America. I wanted to so much to meet this Professor!

I met him by sheer chance for the first time at a reception in New York when I attended a meeting on aging organized by the United Nations just before the World Assembly on Aging in Vienna. Tarek Shuman was then in charge of the Aging section of the UN's social development division. We became "buddies" and he offered to tutor me in gerontology and geriatric issues. Professor Butler was and remained my mentor until his passing. I invited him several times to the Centre for Social Policy Studies

which I had founded at the University of Ghana and which had a strong Aging program. He wanted to come to Ghana but his schedule was always so crowded he was unable to make it for the events I needed him for.

In my professional life as one of the leading scholars in African gerontology I have felt greatly honored to be on the same platform together with this imposing personality presenting papers at Gerontology conferences in France, Germany, Denmark and the USA. I served as Board member of the International Institute on Aging, United Nations-Malta at the same time that he was nominated by the then Secretary General, Mr. Javier Peres de Cuellar as Board member. It was always a pleasure and an illuminating experience to be with my mentor, Professor Robert Butler. I last met Professor Butler at the IAAG conference in Brazil. We had lunch together and he renewed his promise to visit Ghana. Alas that is not to be!

By OLGA MIKHAILOVA Ph.D.
Director, St. Petersburg Institute of Gerontology
RUSSIA

"It is only with the heart that one can see rightly; what is essential is invisible to the eye"

Antoine de Saint-Exupery

Keen psychologist, subtle philosopher and a giant player in the field of gerontology Prof. Robert Neil Butler left the stage. All people who knew him personally or by his books are mourning. The gerontological community of the world will miss him tremendously. The International Longevity Centre's founding president and CEO Dr. Robert N. Butler was able to turn his comprehensive knowledge into action. Optimistic by nature he went deep into all aspects of ageing and considered it as a great human achievement. In his vision, he was far ahead of many internationally cradled plans on ageing and offered numerous solutions on healthy

ageing. He was sure that health and longevity will ultimately end as a political issue and insisted on the necessity of long-term governmental investments necessary for a viable healthy policy. In his book "The Longevity of Revolution" he puts rhetorical questions "Is it realistic for people to spend about 25 percent of their adult lifetime in retirement? To spend half as much time in retirement as they spend at work? Can society afford it? Is it good for men and women? Can they afford it? Does it serve health, longevity, and quality of life for a person to be idle? Should millions of baby boomers retirees have no work to do while collecting Social Security and using Medicare? Can we keep older persons healthy, reeducated to prevent job obsolescence, productive and on the job? Can we ever hope to achieve a society in which everyone in good health who needs to work will be able to get a job?" These are the

urgings for all developed world. And he answers: *“Yet in truth, there is never really a shortage of work to be done. There are so many needs to be met. Rather, the private and public sectors have failed to establish mechanisms to link work with jobs and skills both on a paid and voluntary basis and create fullemployment societies.”*

Dr. Robert Butler was the one who defined the mission of the International Longevity Centre - *“to educate individuals on how to live longer and better and advise society on how to maximize the benefits of ageing.”* Most important was that he considered himself responsible for the matter. In his Pulitzer prize book *“Why Survive? Being Old in America”* he narrated a new comprehensive paradigm for perception of ageing which appeared a challenge to routine thinking. He pioneered the concept of life review where elderly patients reflect on their lives to set new goals. He was exceptional in understanding the needs and feelings of the aged

and emphasized the difference between the process of ageing and senility. He argued neglect and stagnation. His philosophy was mature not because he was of age but because it had been shaped since his childhood. His determination and willingness were able to wake up hearts and minds and tune them into right and positive attitude toward ageing.

Dr. Robert Butler was one of the world's leading authorities on ageing, he enjoyed life and inspired to relish senior years, encouraged others in all ages to do it and contribute to it. He was never old and helped others to keep up young. All his books are penetrated with love, devotion and understanding. He was a great speaker. And I was lucky to listen to his vibrant keynote lecture in St. Gallen (Switzerland) at the World Ageing and Generations Congress in 2008 where I was privileged to participate.

A Tremendous loss !

By NORA O'BRIEN-SURIC. M.A.
John A. Hartford Foundation
NEW YORK

I was shocked to learn that Bob Butler passed away on July 4th. Although I have been a gerontologist for about 25 years, I never imagined that Dr. Butler could or would die. Bob has been a presence in my life since I read *“Why Survive? Growing Old in America”* in the early eighties.

I had already decided on a career in aging focused on geriatric mental health, so Bob was like a rock star to me. He was my hero; he had dedicated his life and career to creating a better society for older people, and I planned on doing the same.

When I had an opportunity to meet him in person after I began working at the Brookdale Foundation in 1994, I was both thrilled and intimidated. We met in his home office and I was too nervous to speak. He couldn't have been more gracious and was

completely down to earth and quite helpful. I worked with Bob on the Brookdale Fellowship program (which he advised) until 1998 and then I went to work with him at the International Longevity Center (ILC).

I was always impressed with Bob's abundant knowledge. He could see and say things in a way that no one else could. For instance, Bob didn't believe in the widely held notion that longevity and population aging are economic threats that put a drain on society; he truly believed that health and longevity create wealth. So he commissioned a study to investigate his theory (you can access the report here). He believed that health results in productive engagement throughout life, and he was living proof of that!

Bob was always optimistic, with boundless energy. Each day he had a dozen new ideas. We worked on many projects at once, and while I would need to take a break, he seemed to become more energized the busier he became. We fondly called him the Energizer Bunny.

Bob was a true Renaissance man, but always approachable. And although he was a psychiatrist, he believed that providing appropriate care to older people required an interdisciplinary team. He hired staff from various disciplines and always sought our input on everything. Everyone at the ILC read and commented on chapters of his book *The Longevity Revolution*, as well as on all ILC publications.

Bob believed that all health care professionals should receive support for training in geriatrics. He lobbied Congress hard for geriatric fellowship awards for physicians and planned on doing the same for nurses and social workers once he got his foot in the door. I feel so honored now to be working at the Hartford Foundation where my colleagues and I can continue to advance this vision of interdisciplinary geriatric care.

In this past week I have heard from many friends and colleagues from around the world. Many leaders have told me that Bob was an inspiration to them. Several colleagues wrote that they started an International Longevity Center in their country because Bob inspired them. A good friend wrote succinctly what everyone has been saying: "You cannot imagine my grief, because apart from being a very dear friend, he was my inspiration and I was terribly proud of being close to such an extraordinary man. I will always miss him."

Many of my colleagues are wondering, "Who can replace Bob?" and "Who from the next generation can fill Bob's shoes? I don't believe anyone can or should. Bob's purpose was to be a visionary leader, to inspire others to believe in better care for older people and take up the charge. It took a leader to prepare the way; it takes an entire workforce to build a better society for older people. This is the mission of the Hartford Foundation, and I trust it is your mission, too. Let's honour Bob by working together towards our common goal.

**By Professor VLADYSLAV BEZOKOV
President, Ukrainian Gerontological Society,
KIEV, UKRAINE**

All of us are mortal. However I was shocked to learn about your passing away into the best of worlds.

We got to know one another more than 30 years ago, in December 1978, when you came, together with Richard Greulich and David Holton, to the former Soviet Union to familiarize yourself with the activities of the Kiev Institute of Gerontology, the USSR Academy of Medical Sciences; and to visit some other towns - Leningrad, Moscow, Tbilissi and Sukhumi, where research on various aspects of aging and longevity was taking place. Our former director Professor Dmitry Chebotarev asked me to be your guide during that visit. During the tour of our Institute you remarked saying that you could only envy us in that the three main aspects of gerontology

- basic research, clinical investigations and sociological studies - were concentrated in one site.

You were already the well-known professor, 15 years older than me, founder of the National Institute on Ageing, Pulitzer Prize winner. And I was one of the many researchers of Kiev Institute of Gerontology, working in the field of physiology of aging, since 1965.

Two weeks of our journey to the places of your interest gave me an unforgettable sense of your intelligent bright mind, sense of humor, profound knowledge about various issues of gerontology and geriatrics and one of the best representatives of the West culture - scientist, philosopher, and the human

being of the highest rank. Remarkably, our acquaintance happened during the old Soviet times of prejudices and cold war.

During your visit it was a cold winter: in Leningrad 20-25° C, in Moscow 10-15° C, in Kiev 5-10° C below zero, in Tbilissi and Sukhumi much warmer +5-7° C. Naturally, we visited not only offices, hospitals, nursing homes, families of centenarians but also the museums and made site-seeing tours

In Sukhumi, we spent a night in a cold, humid hotel (outside there was a stormy sea and heavy rainfall). We drank hot tea with sugar and rice (the latter was added to sugar as absorber) bought in a local store. We discussed issues of aging and longevity in the USSR, Georgia and Abkhazia; your Irish and American-Indian roots; a gender of your and Myrna's forthcoming baby - according to my calculations - a daughter with a strong character; we touched in our talks the political issues too, stories about KGB and CIA. The latter stories had a night continuation. At a midnight I heard a heavy strike into the wall (we slept in adjacent rooms). In the morning, I found David Holton with a bruised black toe nail on his leg. With a soft smile, you explained that David, when falling asleep, had a furious battle with KGB agents and he used his legs to kick off them.

In Tbilissi, you caught a cold and I decided to treat you in your room using eucalyptus inhalations. Three-four hour procedures worked effectively. Since then, each time when we met at congresses or other events, you had used to tell this story to our friends and colleagues, adding that I had saved his life.

Later on, when I visited New York, you used to invite me to spend a night in your apartment where we enjoyed talking and listening music with your beloved wife Myrna.

[At one of my arrivals to New York during very hard times in the Soviet Union (crises, miserable salaries and pensions), you and Myrna invited me to your apartment and gave me one thousand dollars as a small assistance to your Soviet friends - Prof. Chebotarev, Prof. Frolkis and me. To make me feel more comfortable, you joked that in case of turmoil in the USA, you and Myrna would apply for political asylum on my "dacha" (country house).

Dear Bob, we exchanged letters, unfortunately not very often in more recent time, had plans to establish a Longevity Center in Kiev. Our personal meetings during international congresses were warm and friendly. You were a good friend for gerontologists in Russia and Ukraine.

Having made enormous contribution to the development of gerontology not only in the USA but also worldwide, you remained the Giant in this field. "Agism", "longevity revolution" and many other notions were introduced into gerontology vocabulary. Still, you always remained an open-minded and friendly human being.

I shall always remember your smile, your voice, your kindness and generosity. I am proud of knowing you, I am proud of our friendship.

By Dr S. D. GOKHALE
President ILC-I International Longevity Centre
DUNE, INDIA

Dr. Robert N. Butler (M.D), the President of the International Longevity Centre-USA, passed away on the 4th of July 2010.

Dr. Butler had redefined the approach to ageing and the elderly by championing for their cause through extensive research aimed at improving the quality of life of the elderly.

Dr. Monica Ferreira, President, ILC-South Africa and Director of UN INIA, has aptly put it- "Dr. Butler's contribution to knowledge, policy and practice on ageing has been monumental - and one which will remain for generations to come."

The widely used word that Bob, as he was fondly called by all of us, had coined was 'ageism' to describe 'discrimination against the Elderly'. His advocating a positive attitude towards growing old changed the way in which ageing was perceived by society including the elderly themselves.

A landmark movement in the history of ageing especially in USA was the founding of the National Institute on Ageing at the National Institutes of Health. Dr. Christine Cassel, President of the American Board of Internal Medicine said, "Nobody thought that research on ageing was a legitimate field until Bob came along and convinced them to create a separate institute."

Again, it was in 1982, that, on the advice of Bob

that the Mount Sinai School of Medicine in Manhattan created a department devoted solely to gerontology.

In 1976, Dr. Butler was awarded the Pulitzer Prize for his book, "Why Survive? Being Old in America?" in which he championed the cause of the older persons while fighting against ageism and prescribing ways to improve the lives of the elderly.

Bob had proposed many specific reforms to help old people, including a national service corps that would enlist the elderly as community volunteers.

A geriatric psychiatrist by profession, Dr. Butler worked towards ensuring that research on Alzheimers and Dementia was also undertaken as a priority issue.

Bob, was indeed a giant in the field of gerontology and geriatrics, an inspiring icon for all of us working in the field of ageing. He was widely respected for his erudition, knowledge, wisdom and experience.

The soft-spoken Bob, with his gentle demeanour endeared himself to one and all who knew him. The legacy that he left behind is a treasure to be cherished by all of us as we grow old and face life guided by the principles he had advocated.

Bob, we will miss you sorely.
May your soul rest in peace.

By Dr. HARRISON D. BLOOM M.D.
Director, Clinical Education Service ILC-USA
NEW YORK

The suddenness of Dr. Robert Butler's passing on July 4 was a shock to me and my colleagues. I had seen Bob twice the week before, including a leisurely (rare for him) lunch together. As always, he was talkative, engaging and optimistic. I've known Bob for many years and worked directly with him at the International Longevity Center-USA (ILC-USA) for over 5 years.

Bob's office door was always open (literally and figuratively). He was a good listener as well as an inspirational speaker.

Bob suffered a devastating loss almost 5 years ago when his beloved wife, Myrna Lewis, herself a very accomplished social worker and aging expert, died at age 59 of brain cancer. Yet he continued on, working as diligently as ever.

In the fields of gerontology and geriatrics no one has made greater contributions to the understanding of aging and advocacy for older individuals than Dr. Butler. He coined the term "ageism", and won the prestigious Pulitzer Prize for authoring the book "Why Survive? Growing Old in America" in 1975.

Bob was a tireless and extremely influential presence in both the US Congress and the United Nations. He consistently argued that the commonly held view of older people as an economic and social drain on

society was untrue, and that, in fact, health and longevity created wealth and social well-being. He also continuously lobbied for more and better geriatric training and care as well as for more funding for aging research. Importantly, he strongly supported an interdisciplinary approach to caring for the older population.

All over the world, Bob had more friends than anyone I've ever met. Everyone knew, liked and admired him. Rarely did one see him without a welcoming smile on his face.

As the founding Director of the National Institutes on Aging, part of the National Institutes of Health, Bob established geriatrics and gerontology as important and serious academic disciplines in the US. In 1982 he was the first Chairman of the first Department of Geriatrics in the US at the Mount Sinai School of Medicine in New York City. In the early 1990s Bob began the ILC-USA, a research, policy and education not-for-profit organization dedicated to advancing the concepts of healthy aging and advocacy for older people. There are now ILCs in 12 different countries (and all continents except Antarctica).

Dr. Robert Butler will be greatly missed. It's unlikely that we'll ever see anyone quite like him again. He was a giant.

By Dr. ERIC DISHMAN
Intel Fellow and Director Health Innovation Intel Corporation
Senior Fellow, Centre for Aging Services Technologies
Oregon Centre for Ageing and Technology

Sometimes the death of someone you care about can be a slap in the face to take perspective on your own problems in life and to keep living that life to its fullest. When I saw last night on the news that Dr. Robert Butler, arguably the most important pioneer in the field of aging, died this weekend, I had such a wakeup call. A flood of thoughts and questions went through me: "How can he be gone? Was he really 83 years old? He was so young. I had no idea he even had Leukemia. He didn't seem sick. I will miss him, even though I barely knew him. I wouldn't have my career if it weren't for him. I wish I had told him 'thank you.'"

I have just finished Dr. Butler's latest book, *The Longevity Prescription*. And I was planning to call him next week to see if he would keynote an independent living conference. I didn't know Dr. Butler well (he would tell me to call him "Robert" or even "Bob" but that just never felt right to me). I only met him twice but can remember each of those experiences in explicit detail, as if filmed in slow motion in my memory.

Dr. Butler came to our Intel lab a few years ago to give a talk about longevity and to see some of our independent living prototypes he had heard about. In the frenetic and frantic world of my work life, I am embarrassed-appalled even-that I hadn't had time to do my homework on our guest. I had no idea who he was and was kind of irritated that I needed to interrupt my "important work day" to hear "some speaker" tell me facts I already knew about old people. Five minutes before I was supposed to introduce him, someone handed me his biography: Pulitzer prize-winning author and founder of some of the most important organizations I work with

regularly: the National Institute on Aging, the Alzheimer's Association, the American Association of Geriatric Psychiatry. Uh oh. I was suddenly ashamed and nervous. What could I possibly have to say to the man who basically invented the field of geriatric medicine?

He proceeded to give an impassioned, almost poetic, lecture about the principles of longevity, the history of aging research in America, the challenges of ageism in our society, and the biological changes that occur in our bodies as we age. I was riveted. The audience was riveted. And here was this gracious, gentle, ego-less man-this unassuming and brilliant pioneer-spending half his day to teach us what he had learned about aging and asking us to teach him what we were learning about chronic disease management and social support technologies for seniors. He soaked up every prototype we showed to him and couldn't stop himself from brainstorming new features and possibilities once we had helped him imagine new ways that technologies could support independence at home. It was a magical day.

Then, about 18 months ago, I spent some time with Dr. Butler at an event in New York talking with him about the challenges I was having in getting anyone to pay attention to aging issues in the health reform bill. I told him, "This is crazy.. I've been trying for eleven years to get government and industry to prepare for Global Aging. . .to treat the field of technology for independent living as a real and legitimate field. . .and now we have this health reform bill but people are, once again, ignoring the demographic elephant in the room and ignoring the potential to reinvent long term care."

Dr. Butler smiled, breathed deeply, paused. (He seemed comfortable with silences, even though I always feel desperate to fill them.) Then, with no malice or ego whatsoever, he said: "Eric, I've been championing these causes for more than five decades, and you have to be patient. It took 20 years just to get anyone to take aging seriously as a field- and it is still on the margins of mainstream medicine most of the time. It takes time to change the culture. It takes time to un-do ageism and stereotypes. It takes time for people to embrace the kinds of technologies and policies you are pushing for because they are not ready to deal with the challenge of thinking about getting older or, god forbid, their own deaths!"

Time seemed to stop in our conversation. Then I stammered out: "But we don't have time for all this denial...we don't have time to be patient...we can't afford to avoid these issues because that leads to so much needless suffering and expense. It doesn't have to be this way."

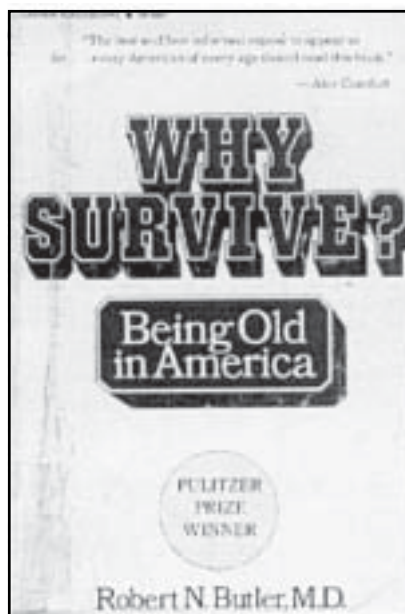
He smiled again. He paused again. He thought again. "Ah, good, you understand the challenges, and you have a passion for this. I think you'll be far happier in life fighting the good fight for something you are passionate about rather than something that is popular. And some day, I promise you, your passion will become what's popular-be ready for that moment!"

BOOK REVIEW

by Professor Victor Griffiths

As a thoroughly aged man myself, I consider this illustration of **Robert Butler's** most original work the best possible introduction to the merits of this noble pioneer in Gerontology. Indeed, readers of BOLD will already have noted the credits to this book that have been included in the tributes of honour paid to the great author.

In my opinion, the driving force that led to Robert Butler's own dedication to care for the Elderly is best revealed in his own **Personal Note** which precedes the preface of the book.



“What leads a physician to gerontology? A psychiatrist? A young practitioner did not find in his medical or clinical training in the 1950s – any more than today – much knowledge, sympathy or understanding of the mental and physical needs of the elderly; but my childhood compelled this interest.

My grandparents reared me from infancy. My parents separated shortly after my birth, and when I was eleven months old, my mother brought me to live with her parents in Vineland, New Jersey, where my grandfather, then in his seventies, was a gentleman chicken farmer. I remember his blue overalls, his lined face and abundant white hair. He was my close friend and my teacher. Together we rose at 4 a.m. each day to feed chickens, candle eggs, grow oats and tend to the sick chickens in the ‘hospital’ at one end of the chicken house. He would tell me of his younger days in Oklahoma and I would listen eagerly.

He disappeared suddenly when I was seven. I came back from a visit to a neighbour and he was gone. It made no sense. My grandmother said he went to visit relatives in Oklahoma – but he had not told me anything about the trip. With time, I realized I was never going to see him again. Dismay turned to fright and then to grief. I knew before they told me that he was dead.

Why? Why had he died? Why did people die? There was no talk, no funeral, only a “protective” silence that was more confusing than shared sorrow. I felt my silent way through a child’s questions and a child’s answers. Mostly, of course, I wanted to bring him back. Surely someone could arrange it. Everyone ought to live forever, No. that clearly would make for too many problems: old people would accumulate in hordes and the world would be packed so tight there would no room for babies.

Well, what about a commission to decide who should live and who should die? My grandfather would undoubtedly qualify for resurrection and continued life – but could I be certain the commission would recognize his special worth? Would there be cheating? Would there be mistakes? This did not appear to be a satisfactory answer either.

It was Dr Rose, our elderly white-haired family physician, who led me to a solution: I had cherished him for his reassuring presence and care through my serious bout with scarlet fever. If Dr. Rose had been there with the right medicine, I would certainly have had my grandfather with me longer. To be a doctor was clearly the answer. For the first time my anxiety eased.

If love of my grandfather and old Dr. Rose brought me to medicine, it was my grandmother in the years that followed who showed me the strength and endurance of the elderly. This was during the Depression. We lost the farm. She and I were soon on relief, eating government surplus foods out of cans with stigmatizing white labels. Grandmother found work in a sewing room run by the WPA, and I sold newspapers and fixed bicycles for ten cents an hour. We moved into a hotel. When I was eleven, it burned to the ground with all our possessions. We started again. And what I remember even more than the hardships of those years was my grandmother's triumphant spirit and determination. Experiencing at first hand an older person's struggle to survive, I was myself helped to survive as well.

If this book informs, illuminates, angers and guides its readers, I shall have repaid some of the debt I owe.

The virtues of this noble book were almost immediately rewarded with the Pulitzer Prize. It certainly covers every conceivable aspect of the problem associated with Ageing with its 406 pages in the following 14 chapters:

1. The Tragedy of Old Age in America
2. How to Grow Old and Poor in Society
3. What about my Pension?
4. The Right to Work
5. No Place to Live
6. No time to wait
7. The unfulfilled Prescription
8. 'They are Only Senile'
9. Homes of Death are a Lively Business
10. Victimization of the Elderly
11. Pacification and the Policies of Ageing
12. The Lift of Life
13. Loosening Up Life
14. Growing Old Absurd

With all this soundly expressed material, backed by several useful and extensive appendices, Robert Butler certainly succeeds in opening our eyes to 'myths and stereotypes about the OLD' and the errors of 'ageism' as producing prejudice against the elderly. Throughout his life, dear Bob's work was the fulfilment of his noble mission, and this is an encouragement to all of us at INIA.

BOOK REVIEW

by Ms Rosette Farrugia-Bonello B.Psych., P.G.Dip.Ger., Programme Manager (INIA)
Modern Biological Theories of Aging, (Aging Volume 31)

ISBN 0-88167-310-2, New York: Raven Press, 1987, 323pp.

Modern Biological Theories of Aging is the result of a symposium which was held at Mount Sinai Medical Centre between 3rd - 6th June 1986. The book, which is a collection of 27 papers presented during the symposium was edited by *the father of modern gerontology* and the person who coined 'ageism', the late Dr. Robert N. Butler together with Dr. Huber Warner, Dr. Richard Sprott and Dr. Edward Schneider.

The proceedings of the symposium are organized into six parts. The papers, present the discussions of the then leading theories on the causes of aging by prominent researchers in the field of ageing. One finds an in-depth critique of the then current research on ageing, namely the theory of developmental programmed aging; the role of free radicals in aging; the 'error catastrophe' hypothesis; the role of DNA damage and repair in aging and the theory that various organ systems-the liver, the immune system and the nervous and endocrine systems - act as pacemakers of aging. Each section includes an introduction that describes the basic concepts of the theory to be covered and a short summary chapter. This is very helpful to readers who have limited experience with literature on the theories on ageing.

The contributors examine these theories in light of critical and experimental evidence, assessing the extent to which they can explain the diverse molecular, cellular and physiological changes associated with aging and the variations in aging among individuals. The combining of chapters with opposing views on aging theories is a strength of this book and it provides a better understanding of the concepts. Moreover, the final chapter of section five reviews the work being done to establish new avenues of research in order to answer the questions raised by the previous chapters. The flow of the chapters provides the reader with a complete perspective on the theory from background to future directions.

The forward of the book, which is written by the doctor who worked to change perceptions of ageing and the aged, Dr. Robert Butler, clearly explains that the aim of the book is precisely to evaluate contemporary theories of ageing; to clarify one's state of knowledge and to encourage new research and new researchers. He further elaborated that the reason for this, is the result of the realization that there is no single explanation to ageing, the existence of new biotechnology, an increased interest in the topic of ageing, ageing research is becoming recognized as legitimate area of study and last but not the least the prospect for intervention of critical importance in the prevention and treatment of the diseases and disabilities of ageing. In fact, the last chapter of the book written by all the editors, is titled 'Where do we go from here?' - mainly it inspires other researchers for future research.

Allow me to conclude by quoting Dr. Robert Butler on what he had said on ageing:

*"For the first time in human history the prospect
Of living a long, healthy and productive
life has become a reality for the majority of people .
What was the privilege of the few
has become the destiny of the many. "*

"Human beings need the freedom to live with change, to invent and reinvent themselves, "

Robert Butler, M.D., Gerontologist

BOOK REVIEW

by Professor Victor G. Griffiths

Aging and Mental Health: Positive Psychosocial and Biomedical Approaches

Robert Butler/Myrna Lewis/Trey Sunderland (Eds.)

It is only natural that I, as a venerably aged medical man, should find in this massive book, first published in 1982, the greatest attraction to Robert Butler's writings - the more so in that my personal experience of impairment of memories I have to adjust by calling it 'hesitancy in recall!'

Part one of the book treats of 'Nature and Problems of Old Age', while Part Two covers 'Evaluations, Treatment and Prevention'. The 588 pages of the text include eight extensive appendices treating of 'Gerontological Literature; Organizations for the elderly; Government Programmed Training and Education in Gerontology' etc...

Part One: The subjects of the 13 chapters run thus:

1. Who are the Elderly?
2. Older People and their families
3. Healthy, Successful Old Age
4. Common Emotional Problems
5. Organic Mental Disorders
6. Special Concerns for Ethnicity, Older Women and Gender Issues; Crime; Alcoholism; Deafness.

Part Two:

1. General Treatment Principles
2. Diagnostic Evaluation
3. Old People kept at Home
4. Proper International Care
5. Psychotherapy and Environmental Therapy
6. Drug and other Somatic Therapies

If I may venture my own pronouncement: Here is the Gerontologist's Encyclopaedia and Vade Mecum.

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INIA'S ACTIVITIES 2010



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- 1st Oct 2010 - 1st June 2011 International **Post Graduate Diploma** in Gerontology and Geriatrics (European Centre for Gerontology, University of Malta)
- 11th - 22nd October 2010 International Training Programme in **Policy FORMULATION, PLANNING, IMPLEMENTATION AND MONITORING OF THE MADRID INTERNATIONAL PLAN OF ACTION ON AGEING.**
- 24th - 30th October 2010 Second Training Programme on “Strategies for Population Ageing” in collaboration with the Guongdong Research Centre on Public Affairs for the Elderly (GRCPAE).
- 1st - 7th November 2010 Training programme for Officials from the Beijing Civil Affairs Bureau (BCAB), Jingmin Hotel, Beijing, China.
- 8th - 14th November 2010 Training Programme for Officials from the Social Welfare Centre, Ministry of Civil Affairs, China (SWC) and from the Support and Nursing Committee for the Elderly (SNCE), ZhongMin Plaza, Beijing, China.
- 29th Nov - 10th Dec 2010 International Training Programme in **DEMOGRAPHIC ASPECTS OF POPULATION AGEING, POLICIES AND ITS IMPLICATIONS FOR SOCIO-ECONOMIC**, Policies and Plans.
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INTERNATIONAL DIARY

- October 16th - 19th 2011 Washington DC, USA: IAHSA / AAHSA Global Ageing Conference & Exposition ‘CELEBRATE A.G.E.’ **Website: www.iahsa.net**
- May 28th - June 1st 2012 Prague, Czech Republic: Interantional Federation on Ageing (IFA) 11th Global Conference on Ageing in collaboration with Zivot 90 - “The Sum is greater than the Parts - Ageing Connects”
e-mail: ifa2010@guarantz.cz website: www.guarantz.cz