

a. What is the best part about your current stage of life? What is the worst?

Best: well established financially - meeting personal goals.  
worst: physical unable to do somethings I used too.

b. How have you changed since you were in your twenties and thirties?

(Physically, cognitively, emotionally)

Things that used to matter to me as far as material things are not that big of a deal. family and friends are very important. Physically hard to keep extra weight off.

c. Do you consider yourself to be old? In your opinion, what makes someone

"old"? I am not old just have more life experiences

d. How have your priorities changed over the past twenty years?

family has become more important

e. Are you married? If so, how has your marriage relationship changed over the years?

yes, have been married 30 years. Have learned that communication and truth are a big part of a happy marriage

f. Do you have children? If so, in what ways have you changed as a result of being a parent? How has your relationship with your children changed over the years?

yes 2. Being totally responsible for another ones life and well being really makes you stop and think of your personal choices and how you live your own life. Our relationship with children has grown to a sibling friendship.

g. How is your life different than you thought it would be when you were younger?

Never thought I would have accomplished as much as I have coming from a very poor family in an extremely small town.

h. Have you experienced any changes in your career or job description? If so, what kind of impact have those changes had on your life?

I am on my second career after retiring from the Air Force. Have made a very positive impact.

i. What are your plans for the future?

to graduate with my Bachelor's in Business Administration concentrating on Health Care Management and possible so for my Masters. I would like to continue progressing in my career at the VA.

j. What advice would you give to younger adults to prepare for middle adulthood?

Set goals and stick to them. Don't forget to have fun in life and enjoy the journey. Education, honesty, and trustworthiness will help you succeed.