3. claims that the bodily changes that we see as we age result from the accumulation of cross-linking compounds in the collagen, which gradually becomes stiff.

6. argues that aging ultimately results from the progressive weakening of capacity for cell division, perhaps through exhaustion of the genetic material.

8. defined as an activity engaged in for its own sake; an end in itself.

11. believes we should aim for a healthy old age, followed by a rapid decline and death.

13. follow the same individuals over many years.

15. the public retirement pension system administered by the federal government.

16. maximum possible length of life.

18. the persistent difference in scores on measures of verbal and performance intelligence.

20. the degree of unused potential for learning that exists at any given time.

21. look at groups of young and old people at a single point in time.

22. claims that aging is programmed into our bodies like a clock ticking away from conception.

1. intelligence applied to new tasks or the ability to come up with novel or creative solutions to unforeseen problems.

2. Enacted in 1983 by Congress as a response to the high cost of hospital care under Medicare Part A.

4. the most prevalent chronic disease of old age.

5. forbids older workers from being limited or treated in any way that would harm their employment possibilities.

7. average number of years lived.

9. James Fowler’s (1981) theory that people move from simpler, more literalist idea of religion to levels where they see themselves in more universal terms.

10. based on the goal of offering a range of housing.

12. declines in cognitive ability among older people can often be compensated for by the expertise acquired from living a long time.

14. private health insurance policies that older people may purchase to supplement their Medicare coverage.

17. an underlying time-dependent biological process that, although not itself a disease, involves functional loss and susceptibility to disease and death.

19. accompanied by a clear loss in cognitive reserve capacity.