

The existence of a single human being is defined as life. When we talk about life, we may state that death, sickness, gaining knowledge, sharing wisdom, cognitive behavior diminishing, and diseases with older folks are all possibilities. Individuals must understand that life is a cycle, and that there is no right or wrong way to age. People who are aging don't know what to anticipate or how to adapt to things like retirement, the loss of a loved one, and finding work at a later age. Culture, upbringing, and decisions made at a young age can all have an impact on the process of good aging. I interviewed my 79 year old Uncle who currently resides in Queens New York. This interviewee is considered to be in his late Adulthood stage integrity versus despair. We discussed what successful aging meant to him and his emotional experiences throughout life.

Early Childhood

Biological

Celestino, a 79-year-old man, was born in the Dominican Republic on August 29, 1943, to Osvaldo and Ramona. To his recollection of memory he was born healthy and he recalls his parents telling him he was a little over 8lbs. Osvaldo and Ramona had 14 children out of which Celestino is the 8th oldest. He currently has six siblings (one brother and five sisters) who are still living. The family grew up in a small town in the Dominican Republic and while his parents worked he would be in school. Unfortunately, because time was rough he also had to go to work and leave school. His highest grade completed was fifth grade. When asked what is one childhood memories he would mention going to his grandparent's home at the other side of town. His earliest memory is when he was about 7 years old and his parents drive in a van with all of his siblings for a family reunion and he remembers chickens and hens in the backyard and the older women would get ready to make sancocho a very famous dish in the Dominican

Republic. He doesn't recall a lot of memories. But one thing he does recall is he comes from a tight knit family who always stick together.

Psychological

Celestino was a straight A student and he didn't have no cognitive impairments when asked how was he emotionally back then to his earliest childhood he laughed and stated he was healthy and strong and compared it to the children in this generation. He states" Back in my day children would not get sick often because we had a lot of home remedies, children played with dirt and all these diseases were irrelevant we just lived a happy life". I soon came to realize like he was right and I wondered how different life would be if we grew up in an era where technological advancement did not shape educational intelligence. Back in his time everything was pen and paper and people had the option to go to school or drop out to work. During the psychological dimension, I noticed psychological strength in his growth in psychological functioning. During this stage also it focuses about building language by age, and a lot of informational processing.

Social-

We played with other children in the neighborhood. I come from a small town so imagine everyone knew who your parents were and where to find you. People in the town had children close in age so we will always play outside till late and do it all over again the next day. We had the best of times especially since there was no crime in our town. Some of my childhood friends left to the United States some relocated with their families to other parts of town. During this stage we discussed about parenting styles. He was able to state that his father was authoritarian and created discipline in the home while his mother was more authoritative. He stated that this

has helped him in the way he raised his children because he turned out well-behaved and manner and notice his values and beliefs to pass on to other generations.

Spiritual-

Celestino family is Christian and he remembers going to church with his parents twice a week since the local church in the community was a block away. He states that during his younger days everyone in his town was very religious and people would put on their best outfits

Middle Childhood

Biological

During his childhood, he liked playing baseball and even traveled to Puerto Rico with one of his buddies, former Yankees manager Tony Pena, to play in the league. He went through numerous emotional life stages at this time, and he chose to drop out of school and work at the city's local banana exporting firm. He supported his siblings and sisters as well as his parents.

He describes President Rafael Trujillo's dictatorship as one of the most horrible periods in his country's history. Celestino parents migrated to the United States in the late 1950s to establish a brighter future for their family of 13 children and left them with a maternal aunt and his older brother in charge. He recalls his sister aurora died of Leukemia when she was about 16 years old and his parents and the family dealt with their first grief and returned back to the country.

This stage is described as industry vs inferiority because he was focusing more on the outside world and was making decisions based on his peers and it created a capacity to learn from others as he was finding his sense of self and his development of physical capabilities.

Psychological

He recalls always being in good physical health until a fracture but he healed well. He reports that he had no mental health concerns and stated if he did he wouldn't know because it was not talked about often. Mental Health was something that wasn't addressed and if you did have something "Wrong" as people label mental health issues nobody would notice because there was no actual diagnosis it was more diagnosis for things like polio. His family relationships were positive as his siblings and he were very close and they will share bedrooms. He would state that the boys all slept in one room and the women will sleep in another room. His self-esteem was never impacted and he said he lived a good life because his family was always so supportive of each other.

Social

Celestino recalls almost being drafted to the MLB and creating lifelong friendships. When asked what was the reason why he didn't make it to the MLB he stated he didn't make the cut after he fractured his leg and missed the scouting day That has affected him because he always wonder what if he would of made it. But still he maintains that everything happens for a reason.

Spiritual

During the time he would still go to church but less often because now he wanted to work and provide for the family. Even though he would not go to church as often he never questioned his spirituality. He recalls when he would question god and ask why his sister had to leave at the age of 16 years old and recalls his sister biggest wish was to become a nun.

Adolescence

Biological

He met his wife also his childhood sweetheart while her family migrated to his side of town when he was about 24 years old .He got married in 1967 to his childhood sweetheart and they had four children (Two boys and two girls). He recalls that during his childhood he had to decide whether he wanted to migrate to another country for his children to have a better life or remain in Dominican Republic.

Psychological-

Celestino identity formation was established during this time he already knew what he wanted to be and had a greater sense of emotional intelligence. This can be related to the identity vs identity confusion stage. Back in time marriage was extremely important for families and it was more society acceptance. He reflects that some people got married without finding love because back in the Dominican Republic for a women to consider studying in college or have a career as a teacher she had to get married. A lot of men also wanted to become independent and leave their parents' home and start a new life young. He states his generation was more responsible when it came to marriages and leaving homes and the new generation has a greater decline in wanting to get married and start family.

Social-

His social circle diminished during this period of time because he spent more time with his wife and children. He had no conflict with his parents and his parents supported his decision of wanting to become independent. He brought a home a block away from his parents' house because he stated when people get married they want to live alone. In regards to peers and adolescent development he described how majority of his peers where already sexually active at

this point in time and people wasn't no psychoeducation on the difference diseases they have now and what you can contract if you were being promiscuous.

Spiritual-

During this period of time he stop going completely to church but he states you can believe in god and not go to church. He stopped going to church and was focused on working more

Middle Adulthood

Biological-

Generativity versus stagnation happens during this stage. During this stage Celestino reflects on how he was always mindful on where to spend his time and energy on. He started making choices that will benefit him in the future and during this period of time he was still working and provided for his children to continue on their education. This stage also is the point in time where adults express generativity and what ways they can guide the future generations. It was important for him for his children to have a way better education then him. He recalls that even so his four children went and obtained high school diplomas. He tried for them to go to college and they didn't want to go. He states he did his best to raise them but he couldn't force them and sometimes people take those opportunities for granted. Working hard in another country to give your children everything and they don't seem to want to better themselves educationally but also he states maybe college isn't for everyone. When reflecting on that he was kind of sad in the sense that every parent's dream is to send their children to college and now he states that one of his daughters wishes she took advantage of the opportunity years ago. During this stage, he also remembers his screenings for prostate cancer started and to him, it was something he didn't want to do because he felt uncomfortable but he thought about his health and the consequences.

Psychological

During this stage he was already starting to figure out ways for his well-being and how to take care of his health. He did not think midlife as a crisis. He had a strong sense of development and caring for others and displayed socially responsible behavior. His intellectual functioning was stable during his middle adulthood. When I asked him if he knew the difference between crystallized and fluid intelligence he said no and laughed. I replied I didn't know either until I read the differences about both and I informed him one had to do with exercise of judgment and other had to do with ability to use your memory. He said he had regular doctor checkups and no concerns thank god.

Social

His mother passed away in 1998 and his father passed away in 2001. But he describes how it was for him to address the needs of his aging parents and how he had to visit them often and make sure to spend time with them. He reflects on the history of diabetes and blood pressure in his family and how people pass away due to age and health complications. He also recalls in this stage of life he became a grandparent and has 12 grandchildren. When I asked him what was one thing he would do differently he replied maybe getting married again and laugh. I also asked him for any advice he had during this stage and he described as gender differences have change throughout the years and more women are in the workforce and doing jobs that they weren't allowed to do. He reflects how different it is for his daughters in this time to work and be independent and still have a family but knowing the role that they play and feeling useful for themselves.

Late Adulthood

He moved to the United States in 1997 and began working in construction on Long Island. This impacted his personal life since when he moved to the United States, his wife relocated their children to Venezuela. They divorced shortly after. Celestino made the decision to stay in America and support his children. The way his parents raised him was also extremely essential in his life since he wanted to start saving for retirement as soon as he arrived in this country because he realized that working long hours in a nation where you don't speak the language would be difficult. I asked him how he had adjusted to aging, and he said that aging should happen at a specific point in a person's life, regardless of age or maturity level. Don't be afraid to age because if you've spent your life studying, you'll always have knowledge. He knew he was going to be elderly one day, so he planned financially for that day. He also recommends individuals to get their finances in order while they are young and not to squander money on frivolous items since in an emergency, you want to be able to rely on your hard-earned money. He recalls starting to smoke at the age of 15 and claims it's something he can't control any longer and that if he quits now, he'll have a higher probability of dying. Celestino, in my perspective, is pretty healthy for his age, despite smoking for more than 60 years. He can walk 15 blocks without tiring. He travels 3-4 times a year and is able to do so due of decisions he made when he was younger. Going to doctor's appointments has never been a problem for him, and he understands how to use public transit and recalls where everything is. Which is amazing since I believe effective aging runs in my family because my other uncles and aunts have exceptional cognitive and physical talents. My uncle's example of working hard and investing for retirement was also influential in my good aging because when you become older, some individuals don't plan and problems arise, placing you in unexpected situations. So that was a useful lesson. Three topics were covered in the interview were death, social assistance, and retirement because older

persons require companionship, social assistance is critical. Adult daycares and local religious institutions can provide socializing opportunities for elderly persons. They frequently have no employment owing to retirement and spend several hours alone. So they travel to these facilities to connect with other adults, have meals, and participate in games and activities to improve their mental health. It offers assistance, friendship, and services throughout the day. Adult day care is available in certain regions since it assists the primary caregiver when they are at work and unable to assist their family members. Dying and bereavement are also discussed, owing to the fact that not everyone handles it in the same manner. In older individuals, the death of a loved one can lead to despair, anxiety, and other severe illnesses. It is also bad to mourn for an extended period of time. Older individuals may have guilt and death anxiety because they believe that because they are elderly, they will die at any moment, or that physicians will inform them that they have an illness that will only allow them to live for a limited time. When other family members die, they may feel guilty and wonder why they are still alive. Retirement is the final and most essential issue because when is the appropriate age to retire? Most people retire at the age of 62, while some retire at the age of 80, for example. Retirement is a major shift for which many individuals are unprepared. When someone retires, they should seek for strategies to adjust to their new schedule. Social integration, general health, and financial considerations are vital for seniors at this new chapter of their lives. Because of their age and prejudice, older persons confront several problems. Employees frequently believe that older persons are less capable of doing duties, thus they refuse to recruit them or, in certain cases, force the older adult to quit from their position. There may be a link between age and work performance in terms of the sort of physical exertion a job may entail, which may frequently be disadvantageous for older persons because they may not have the same physical capacity they did 40 years ago. Some businesses

may discover that having older personnel provides greater expertise for the organization and will attempt to balance the situation. Some individuals retire by choice rather than need. Income from social security, personal savings, and a sense of financial stability are all elements that might contribute to this. Another reason people opt to retire is for health concerns, since aging can have an impact on their job obligations. A person's objective and career background might also influence their retirement choice. Some individuals labor their entire life in order to save for a home, travel, or just invest in other assets. When planning to retire, income security is critical since you must examine how much money you spend on items. Longer life expectancy is considered to contribute to the quantity of money needed when it comes time to retire. My thoughts on good aging have remained consistent as I have learned in class and read the material. Individuals who are healthy, in my opinion, live longer, and individuals who keep active have fewer physical limitations. However, accidents and inherited disorders can occur. Staying healthy physically, emotionally, and psychologically is essential for successful aging. Taking little efforts in this direction, in my opinion, may considerably improve your cognitive capacities as you age. Regardless of the disorders, we are blessed in life. Finally, life experiences, socialization, work, and emotional issues can all be linked to aging. Depression, anxiety, grief, and unemployment can all affect older persons. These characteristics should be considered at any cognitive awareness age because they can have an impact on your future. Some health decisions we make, and if we take care of ourselves, we can live for many years. The secret to healthy aging is to live your life, make objectives, be prepared for what lies ahead, and constantly take care of your mental health.