
Women and Aging

Celebrating Ourselves

Ruth Raymond Thone



Women And Aging Celebrating Ourselves Haworth Womens Studies

**Ellen Cole, Esther D Rothblum, Ruth R
Thone**



Women And Aging Celebrating Ourselves Haworth Womens Studies:

Women and Aging Ruth Raymond Thone,1992 In our youth oriented patriarchal society aging and older women often find themselves either ignored pitied or feared *Women and Aging* is a valuable guide to help women break through the negative stereotypes of old age and find personal fulfillment through the stages of maturity Full of warmth and support *Women and Aging* strongly enables women to take and remain in control of their lives instead of passively letting others make life changing and possibly harmful decisions for them This essential guide for aging will help women increase the vitality of their old age as it urges them to continue to plan for the future keep and develop strong relationships increase their overall wellness and not be afraid to take risks Truly a celebration of aging the author s illuminating descriptions of her own aging and how she has overcome society s restrictions are sure to be a source of inspiration for all women no matter what their ages *Women and Aging* begins by addressing cultural attitudes toward women including appearance language behavior and women s work The middle section encourages women to face their fears and limitations and express their emotions while the concluding chapters are a virtual guide to life showing how to live life to the fullest and find inner fulfillment while aging Along with her own continuing narrative the author includes a multitude of personal glimpses into the aging processes of other women This uplifting helpful book will be of great value not only for aging women but for women of all ages who are interested in taking active control of their own lives *Women and Aging* Ellen Cole, Esther D Rothblum, Ruth R Thone,2020-03-26 In our youth oriented patriarchal society aging and older women often find themselves either ignored pitied or feared *Women and Aging* is a valuable guide to help women break through the negative stereotypes of old age and find personal fulfillment through the stages of maturity Full of warmth and support *Women and Aging* strongly enables women to take and remain in control of their lives instead of passively letting others make life changing and possibly harmful decisions for them This essential guide for aging will help women increase the vitality of their old age as it urges them to continue to plan for the future keep and develop strong relationships increase their overall wellness and not be afraid to take risks Truly a celebration of aging the author s illuminating descriptions of her own aging and how she has overcome society s restrictions are sure to be a source of inspiration for all women no matter what their ages *Women and Aging* begins by addressing cultural attitudes toward women including appearance language behavior and women s work The middle section encourages women to face their fears and limitations and express their emotions while the concluding chapters are a virtual guide to life showing how to live life to the fullest and find inner fulfillment while aging Along with her own continuing narrative the author includes a multitude of personal glimpses into the aging processes of other women This uplifting helpful book will be of great value not only for aging women but for women of all ages who are interested in taking active control of their own lives *Women's Studies* Linda Krikos, Cindy Ingold,2004-08-30 This truly monumental work maps the literature of women s studies covering thousands of titles and Web sites in 19 subject areas published between

1985 and 1999 Intended as a reference and collection development tool this bibliography provides a guide for women s studies information for each title along with a detailed often evaluative review The annotations summarize each work s content its importance or contribution to women s studies and its relationship to other titles on the subject Core titles and titles that are out of print are noted and reviews indicate which titles are appropriate as texts or supplemental texts This definitive guide to the literature of women s studies is a must purchase for academic libraries that support women s studies programs and it is a useful addition to any academic or public library that endeavors to represent the field A team of subject specialists has taken on the immense task of documenting publications in the area of women s studies in the last decades of the 20th century The result is this truly monumental work which maps the field covering thousands of titles and Web sites in 19 subject areas published between 1985 and 1999 Intended as a reference and collection development tool this bibliography provides a guide for women s studies information for each title along with a detailed often evaluative review The annotations summarize each work s content its importance or contribution to women s studies and its relationship to other titles on the subject Most reviews cite and describe similar and contrasting titles substantially extending the coverage Core titles and titles that are out of print are noted and reviews indicate which titles are appropriate as texts or supplemental texts Taking up where the previous volume by Loeb Searing and Stineman left off this is the definitive guide to the literature of women s studies It is a must purchase for academic libraries that support women s studies programs and a welcome addition to any academic or public library that endeavors to represent the field

Fundamentals of Feminist Gerontology J Dianne

Garner,2014-01-21 Explore feminist ideals and advocacy for aging women in health care home life work and retirement Fundamentals of Feminist Gerontology strives to increase women s self esteem and their overall quality of life by encouraging education and by putting a stop to age sex and race discrimination As a student or professional in psychology social work or gerontology you will learn about feminist conceptions of retirement economic issues psychological issues and social issues and will explore studies on old age discrimination and devaluation and sexism toward women in Western societies to gain an understanding of the experiences of these women This book also shows how some women are experiencing empowerment through alternative health care such as mind body therapies homeopathy aromatherapy and herbal medicine and examines older women in the family context Fundamentals of Feminist Gerontology will provide you with the tools to offer effective therapy to women to help them improve their own lives For a complete list of contents please visit our Web site at www.haworthpressinc.com Using feminist practice approaches Fundamentals of Feminist Gerontology gives you real life situations and examples that will raise awareness of the issues that rob older women of the quality of life they deserve Some of the vital issues and theories you will read about in Fundamentals of Feminist Gerontology include women regaining control over their health care retirement and the economic issues that older women face when they retire the role of children and grandchildren in the older woman s life unpaid work after retirement in the home and as a care

provider older women battling domestic violence financial and psychological issues of widowhood special concerns of minority women and lesbians as they grow older Fundamentals of Feminist Gerontology presents new feminist knowledge and strategies to assist aging women in fully developing enhancing and enjoying their later years You will discover a rich variety of theories and frameworks from a multitude of intellectual paradigms and political positions to enhance your professional practice with older women Women at the Margins J Dianne Garner,Rosemary Sarri,Josefina

Figueira-Mcdonough,2013-01-11 A compelling look at the crisis of disadvantaged women This powerful document takes a sobering look at the phenomenon of marginalized women pushed to the edges of society holding on with the barest of hope and extraordinary bravery Handicapped by the increasing societal inequality they face as an everyday fact of life these women and in many cases their children have been disconnected from the mainstream for reasons of age race gender health incarceration domestic abuse unwanted pregnancy unemployment and economic circumstance They are poor in an affluent society powerless in a powerful nation and the suffering caused by their exclusion is poignant and troubling Eloquently illustrated with poetry art and prose created by marginalized women Women at the Margins Neglect Punishment and Resistance makes a compelling argument for social change The book offers a no holds barred look at how economic restructuring welfare reform neo conservative ideology and institutional exclusion have locked women into subservient substandard roles stripping them of their citizenship and rendering them expendable Diverse authors track the life cycle of marginalized women from teenage pregnancy to the loneliness of older women in poverty or prison Women at the Margins Neglect Punishment and Resistance addresses the effects of welfare reform the forgotten group women in prison and jail low income women and housing women marginalized by substance abuse poverty and incarceration teenage pregnancy children and their incarcerated mothers recidivism and reintegration women law and the justice system and much more Women at the Margins Neglect Punishment and Resistance acknowledges the long history of the inequality faced by women living in exclusion but focuses on the present with a hopeful but realistic eye toward the future It is an indispensable resource for sociology social work legal and penal system professionals and academics and an essential read for everyone *Women's Conflicts About Eating and Sexuality* Ellen Cole,Esther D Rothblum,Lillie Weiss,Rosalyn Meadow,2014-06-03 Women s Conflicts About Eating and Sexuality explores the strong relationships food and sex have represented to women over the years No other book has spelled out so clearly the parallels between sex and eating nor integrated the relationship of these to women s basic need to be loved Today s dilemma for women be fat or go hungry and the endless variations and unsatisfying solutions to this problem have contributed to the incidence of anorexia bulimia and obesity The pursuit of slimness the obsession with having the perfect body excessive aerobicizing and diet books ad nauseam are all part of this phenomenon Authors in Women s Conflicts About Eating and Sexuality skillfully discuss the parallel between women s obsession with sex and romance in the fifties and their obsession with food today An important book for all women it sheds light on the complex

issues facing women and devotes special attention to the career woman and the additional pressures to be slim and stay slim. The woman who reads this potentially life changing book can examine question and change her behavior using the specific step by step program aid included in the book. This book is for every woman who has ever worried about being too fat or too sexual. Women's Conflicts About Eating and Sexuality will appeal to women of all ages young women and their mothers will be fascinated by the parallels between sexual obsessions of thirty years ago and the eating obsessions of today. This healing book will particularly attract single career women for whom sex and relationships are fraught with complications. Counselors and therapists will find this book an excellent resource in their work with helping women. It is also a good auxiliary text for courses in Women's Studies focusing on psychology and history of women and the sociology of women and eating disorders.

Women Studies Abstracts, 1993 *Women, Families, and Feminist Politics* J Dianne Garner, Suzanne Cherrin, 2014-07-16

Women and their roles within families must be understood within the context of ethnic traditions religion and culture. *Women Families and Feminist Politics: A Global Exploration* combines all of these aspects to evaluate the similarities and differences of women around the world. Readers will learn about diverse theories relating to women and their familial roles the different categories of feminism and how cultures and ethnic traditions shape and sometimes restrict a woman's identity. Using feminist and sociocultural theories to critically examine the role of adult women within their families. *Women Families and Feminist Politics* offers ideas and suggestions on what has to be done in order for all of women's experiences and concerns to be valued and looked upon as important. In addition to providing you with an understanding of how customs and cultures contribute to societal standards set for women. *Women Families and Feminist Politics* discusses several factors that contribute to the formation of women's roles and identity including the economic situation of the family and the country in which the woman lives a developed or developing country cultural diversity in monogamous heterosexual marriage relations and specific marriage traditions such as dowries family structures such as nonnuclear extended polygamous mixed religion relationships mixed race relationships or same sex relationships reproduction and sexual standards in relation to religion government policies and world population gender equity in the workplace and programs for women in global development the health care needs of women and how they vary depending on culture political philosophies and resources women and violence in societal and family contexts from war rapes female circumcision and footbinding to battery and sexual harassment. *Women Families and Feminist Politics* looks at the daily challenges and concerns of adult women within the context of family to help you understand the different needs of women in relation to their culture and ethnic background. Focusing on the importance of views concerning the meaning of women's social status power and success. *Women Families and Feminist Politics* contains case studies and statistical data that identify critical issues pertaining to you personally and to all women throughout the world. By understanding how women's families help shape their identities you will be able to learn about the vast experiences of women and the inequalities we have yet to overcome. *A Woman's Odyssey Into Africa* Hanny

Lightfoot Klein, Ellen Cole, Esther D Rothblum, 2020-03-24 Here is the intriguing story of one woman's mid life flight from her stultified middle class psychologically crippling and unfulfilled existence into a world of high adventure danger hardship and endurance which ultimately leads her to autonomy and recognition In her new book *A Woman's Odyssey Into Africa* Hanny Lightfoot Klein chronicles three year long solo backpacking treks through remote areas of sub Saharan Africa In the process she discovers the mainsprings of strength within herself as she follows her own drummer finding the courage to face the darkest and most secret convolutions of her own mind She weaves the story of her journey through the men women and children she meets and the dangers and adventures she faces as a lone woman traveler part and parcel of the path she has chosen to take She infuses readers at any stage of life especially women with the courage to do what their individual drummer dictates as she did to find fulfillment in life Lightfoot Klein assures readers in her book Even a life of quiet desperation is not beyond redemption Change starts with a reassessment of the distortions in self image one has been programmed to accept It starts with an inner rebellion a realization that something has been amiss and a desire to set it right if only to leave a better heritage for one's children And then most important of all it begins with a single wild breathless moment where one picks up an unaccustomed load and steps off into the unknown Her message is truly for everyone

Love Matters Ellen Cole, Esther D Rothblum, Linda Sutton, 2016-04-29 *Love Matters A Book of Lesbian Romance and Relationships* is a collection of advice columns and personal reflections that will help lesbian couples validate and appreciate their unique relationships With excerpts taken from the author's *Love Matters* column in the lesbian newspaper *New Phazes* this book explores real life questions and issues that lesbians have about dating sex love and relationship longevity From *Love Matters* you'll receive honest informative advice that can help you and your partner share a more open and fulfilling relationship Offering support care and understanding for lesbian couples *Love Matters* seeks to recognize the new female role for lesbian women Using her 15 year long relationship as a basis for many of the responses the author provides you with suggestions and insight into topics relating to lesbian relationships such as keeping sex alive in a long term relationship handling finances fairly and successfully supporting your partner through the physical emotional and spiritual changes caused by menopause identifying the difficulties of dating and what lesbians look for on a date questioning the purpose of and emotions caused by a long distance relationship realizing how homophobia affects love and relationships While focusing on the joys and experiences of couples this book also addresses depression and loneliness felt by single lesbians break ups and the death of a partner You'll find that *Love Matters* offers comfort hope and humor that will help you understand the difficulties and rewards of your lesbian relationship

Celebrating the Lives of Jewish Women Rachel J Siegel, Ellen Cole, Esther D Rothblum, 2014-06-03 Jewish women of all ages and backgrounds come together in *Celebrating the Lives of Jewish Women* to explore and rejoice in what they have in common their heritage They reveal in striking personal stories how their Jewishness has shaped their identities and informed their experiences in innumerable meaningful ways Survivors

witnesses defenders innovators and healers these women question celebrate and transmit Jewish and feminist values in hopes that they might bridge the differences among Jewish women They invite both Jewish and non Jewish readers to share in their discussions and stories that convey and celebrate the multiplicity of Jewish backgrounds attitudes and issues In Celebrating the Lives of Jewish Women you will read about cultural religious and gender choices conversion to Judaism family patterns Jewish immigrant experiences the complexities of Jewish secular identities antisemitism sexism and domestic violence in the Jewish community As the pages unfold in this wonderful book of personal odysseys the colorful patterns of Jewish women s lives are laid before you You will find much cause for rejoicing as the authors weave together their compelling and unique stories about midlife Bat mitzvah preparations the transmission of Jewish values by Sephardi and Ashkenazi grandmothers traditional Sephardi customs the sorrow and healing involved in coping with the Holocaust a lesbian s fascination with Kafka the external and internal obstacles Jewish women encounter in their efforts to study Jewish topics and participate in Jewish ritual becoming a Reconstructionist rabbi the difficulties and benefits of being the teenaged daughter of a rabbi A harmonious chorus of individual voices Celebrating the Lives of Jewish Women will delight and inspire Jewish and non Jewish readers alike It reminds each of us how diverse and distinctive Jewish women s lives are as well as how united they can be under the wonderful fold of Judaism This book will be of great interest to all women as well as to rabbis Jewish community leaders and professionals mental health workers and those in Jewish studies women s studies and multicultural studies

Anorexia Nervosa and Recovery Ellen Cole, Esther D Rothblum, Karly Way Schramm, 2014-06-03

Through the voices of twenty one women Karen Way presents the most objective complete and compassionate picture of what anorexia nervosa is about and more importantly of the complex individual variables and obstacles in the journey to recovery From the premise that anorexia nervosa is an addiction an obsession controlling all aspects of an individual s life and that complete recovery is possible by finding meaning in life this enlightening book contrasts sharply to other books written on the subject by clinicians and theorists which merely speculate on the nature and etiology of anorexia nervosa Anorexia Nervosa and Recovery lets the reader hear the personal struggles of women who have fought this powerful disease They describe how anorexia controlled their lives and how once they overcame their obsessions with food weight and thinness they were able to lead fulfilling lives This illuminating book encourages and inspires women who are in the throes of anorexia nervosa They will recognize the emptiness in the voices and the descriptions of daily life Therapists and clinicians who treat anorexic women will find intriguing chapters on events which trigger anorexia and what anorexics will do to maintain their strategies for coping Concerned friends and family and others interested in understanding this controlling disease will be enlightened from this important and helpful book

Reproductive Hazards in the Workplace Regina Kenen, 1993 Employees who may worry about the effect of their workplaces on their health often don t know how to find out about the safety of their workplaces and possible health and reproductive hazards Reproductive Hazards in the Workplace

aids working women in making important decisions about pregnancy and job related health problems It gives women a standard for judging their work situations shows how they might improve them and armed with increased knowledge how they might seek to improve working conditions for all pregnant women To enable women to take action Regina Kenen s straightforward book features lists of pertinent questions to ask when looking for information regarding risks and hazards information on relevant legislation actual cases of pregnant women in the workplace and how they dealt with occupational risks lists of regulatory agencies governmental legal medical and voluntary agencies providing information and services regarding environmental health suggestions for small individual and larger group social action activities Reproductive Hazards in the Workplace will help women understand the health risks present at their workplaces and to reduce those occupational risks for the pregnant worker and consequently encourage all women pregnant or not to protect their occupational health and safety This book provides a combination of technical physical psychological and social materials and how to suggestions guidelines for judging risks and hazards and social action suggestions Reproductive Hazards in the Workplace is ideal for pregnant women or women planning to become pregnant in the near future who are now in the workplace and who are concerned about health risks Union stewards occupational health and women s health specialists and personnel department officers of corporations may also find this timely book to be of assistance in planning programs for improved occupational health

Lesbian Step Families Ellen Cole, Esther D Rothblum, Janet M Wright, 2013-11-12 Lesbian Step Families An Ethnography of Love explores five lesbian step families definitions of the step parent role and how they accomplish parenting tasks cope with homophobia and define and interpret their experiences An intensive feminist qualitative study the book offers guidelines for counselors and lesbian step families for creating healthy functioning family structures and environments It is the first book to concentrate exclusively on lesbian step families rather than on lesbian mothering in general In Lesbian Step Families An Ethnography of Love you ll explore in detail the different kinds of step relationships that are developed and what factors may lead to the different types of step mothering in lesbian step families The book helps you understand these relationships and parent roles through in depth discussions of how a step mother and legal mother who live together negotiate and organize parenting and homemaking tasks how members of lesbian step families define and create the step mother role strategies family members use to define and cope with oppression how sexism is transmitted within the family and how mothering may limit and or contribute to female liberation the opinions and viewpoints of the children of these families The findings in Lesbian Step Families An Ethnography of Love challenge traditional views of mothering and fathering as gender and biologically based activities they indicate that lesbian step families model gender flexibility and that the mothers and step mothers share parenting both traditional mothering and fathering tasks This allows the biological mother some freedom from motherhood as well as support in it With insight such as this you will be prepared to help a client a loved one or yourself develop and maintain healthy family relationships

Women's Best Friendships Patricia Rind, 2012-12-06 Explore the distinct relationships of close female friends Women's Best Friendships Beyond Betty Veronica Thelma and Louise gives new and comprehensive insight into the complex world of women's closest friendships Recent studies have shown that women place enormous value on best friendships and consider them to be woven tightly into the fabric of their lives Using in depth interviews along with close readings of relevant literature and theory this book focuses on the many facets of these relationships With heartfelt first person accounts and insightful commentary from the author this book examines three intertwining themes feelings of competition issues of dependence and independence and knowing understanding This book sheds light on areas of tension among women especially difficulties in communication frustration about not being entirely let into a friend's life and thought processes and the feeling that one friend may value the friendship more than the other It also discusses women's struggles to maintain closeness over increased distances and the realization that one's friends are flawed even as friends This informative book grounded in established research and theory presents stories of real friendships told by the people who live them These women talk candidly about what makes a best friend about navigating the choppy waters of friendship and much more Somehow when we started living farther apart there were ways in which we were being insensitive We recognized that there was a really strong bond but we were taking it for granted So we talked about how close we feel to one another and perhaps how that leads to some arguments or hurt feelings Liz on how distance has affected her relationship with her best friend Susan Em and I don't fight at all I don't know if that's good or bad I don't think I do well with fights I think that's probably a lot of conflict avoidance on my part And I think it does lead to some distance even though it's a best friendship I think I'm uncomfortable asserting myself And so it's easier not to have to do that So maybe my inability to deal with the problems keeps the friendship at a distance where it's safe and comfortable for me in that one respect Linda about her desire to avoid any confrontation with Emily her best friend Women's Best Friendships Beyond Betty Veronica Thelma and Louise is a fresh and exciting look at the inner workings of relationships between women Drawing upon a multitude of issues and insights this book is a must have for women's studies classes

Anorexia Nervosa and Recovery Karen Way, 1993 Through the voices of twenty one women Karen Way presents the most objective complete and compassionate picture of what anorexia nervosa is about and more importantly of the complex individual variables and obstacles in the journey to recovery From the premise that anorexia nervosa is an addiction an obsession controlling all aspects of an individual's life and that complete recovery is possible by finding meaning in life this enlightening book contrasts sharply to other books written on the subject by clinicians and theorists which merely speculate on the nature and etiology of anorexia nervosa Anorexia Nervosa and Recovery lets the reader hear the personal struggles of women who have fought this powerful disease They describe how anorexia controlled their lives and how once they overcame their obsessions with food weight and thinness they were able to lead fulfilling lives This illuminating book encourages and inspires women who are in the throes of anorexia nervosa They will recognize the

emptiness in the voices and the descriptions of daily life Therapists and clinicians who treat anorexic women will find intriguing chapters on events which trigger anorexia and what anorexics will do to maintain their strategies for coping Concerned friends and family and others interested in understanding this controlling disease will be enlightened from this important and helpful book **Menopause, Me and You** Ellen Cole, Esther D Rothblum, Ann M Voda, 2013-11-12

Menopause Me and You will help you put menopause in proper perspective as a normal and natural developmental process in the lives of women not as a disorder or state that causes disease This informative book gives you self monitoring tools for collecting information and monitoring changes in your body during menopause These tools will also help you understand the dynamics of the change process A guideline as to how to best use this information when interacting with care providers especially those who view menopause as a disorder to be treated is also included Menopause Me and You is filled with information gathering tools scientific facts and stories from the true experts on menopause the women themselves who have experienced or are experiencing menopause In chapter after chapter you ll gain valuable information for viewing menopause from a woman centered perspective Specifically the book includes detailed information on conception and fertilization reconceptualizing these events from a woman centered feminist perspective a description and reconceptualization of the menstrual cycle and menstruation providing the knowledge base the physiological endocrinological and biochemical mechanisms that regulate the menstrual cycle and menstruation to understand menopause as the closure of menstrual life and not the end of life a journey into the steroid hormone target cell shows at a scientific level that women were genetically programmed to end the production of reproductive hormones a description and clarification of some of the terms used to describe menopause common menopausal changes and diseases attributed to being estrogen deficient tools for gathering information for discovering knowledge about yourself a menstrual calendar card hot flash body diagrams a basal body temperature record a body composition record a menstrual bleeding scale and factors to consider when choosing a care provider The women who share their experiences in Menopause Me and You represent women at various stages of menopause They describe for you what they are feeling as well as what it means to be a mid life woman at the closure of reproductive life they celebrate the end of menstruation but curse the changes including mood swings hot flashes and vaginal bleeding changes they are experiencing These changes are normal and expected however and need to be understood in that context They are not symptoms of disease or an excuse for care providers to instantly prescribe hormones or drugs With the information in Menopause Me and You women nearing or experiencing menopause health care providers such as nurses health educators and physicians and counselors will better understand how women view this transition and come to accept it as another normal necessary and beautiful process in the lives of women *Women in the Antarctic* Esther D.

Rothblum, Jacqueline S. Weinstock, Jessica Morris, 1998 In *Women in the Antarctic* you ll discover how the world s social and scientific communities know much more about the Antarctic because of the female navy personnel reporters pilots and

expedition leaders who have challenged and tamed its icy snowswept domain **Older Women in Europe** Isabella Paoletti, 2022-09-30 This book is about older women's strength freedom tenacity determination resilience independence social and political involvement and in particular it is about re-imagining ageing Older women represent the great majority of older people The book describes instances of age and gender discrimination and examples of social inclusion and protagonism of older women in Europe It solicits a change in perspective focusing on the necessary societal changes to make space to older people and older women in particular How is society going to address age and gender discrimination in social and institutional settings How should work settings change to effectively make space to older workers and in particular older women How should the pension system change How could public health systems could provide effective care to older people and be sustainable This edited collection focuses on older women's rights rather than their needs adopting a human rights based approach Preservation of older women's dignity autonomy and security is its central topic that is ensuring that their rights are recognised This collection offers insights valuable to a wide array of human rights activists professionals policymakers and social scientists and older women themselves *Feminist Collections* University of Wisconsin System. Gender & Women's Studies Librarian, University of Wisconsin System. Women's Studies Librarian, 1994

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Women And Aging Celebrating Ourselves Haworth Womens Studies Introduction

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