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COVER: The first of the baby boomers (born from 1946 through 1964) will reach age 65 in 2011. Aging research in this special issue seeks to improve the quality of life and wellness of older Californians. Two senior male runners participated in a relay race at Lake Tahoe in June 2009. Photo: Karin Hildebrand Lau/Shutterstock

NOTE: The research articles here focus on Californians over age 65, while the news stories look at those 60 and above.

The Golden State goes gray: What aging will mean for California

Research and review articles

- 167 **Research is needed to assess the unique nutrition and wellness needs of aging Californians**
Blackburn, Gillogy, Hauselt
Economics, literacy and other factors affect the nutritional status of elders, whose bodies metabolize food differently than younger persons.
- 189 **Cognitive and motivational factors support health literacy and acquisition of new health information in later life**
Miller
There is a pressing need to understand age-related changes in the processes underlying the ability to read, understand and use health information.

- 174 **Memory, brain and aging: The good, the bad and the promising**
Ober
Episodic is the only type of long-term memory that declines with age; other types improve or show no change.
- 195 **Limited-income seniors report multiple chronic diseases in quality-of-life study**
Blackburn
In a survey and forum, elders preferred the personal approach to learning how diet and activity can improve the management of their diseases.

News departments

- 165 **Research update**
Aging baby boomers to challenge Golden State

Minority outreach and Alzheimer's disease

- 183 **Effects of stress on health and aging: Two paradoxes**
Aldwin and Yancura
Older adults can learn to be more resilient to stress, which may have long-term positive effects on their aging process.

- 201 **The need for caregiver training is increasing as California ages**
Barrett and Blackburn
Informal and formal caregivers are underpaid and undertrained, and stress puts them at considerable risk of ill health.

Thank you:

Beth A. Ober, UC Davis professor of human development, served as faculty chair for this special issue on aging.



- 206 **Long-term care is an important consideration in financial planning for later life**
Wooten Swanson and Varcoe



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— Editor

