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A STUDY OF AGING IN AN OLD ORDER AMISH

MENTONITE COMMUNITY

A THESIS

Presented in Partial Fulfillment of the Requirements

for the Degree Master of Arts in the

Teaching of Home Economics

To Mr. Leonard Gorman, Associate Professor, Division of Field
Services, Western Michigan University, for his helpful suggestions
and constructive criticisms for the field of gerontology

To Mr. Joseph A. Arnold, Sr., Department of Home Economics,
Western Michigan University, for his interest and constructive
criticisms and advice throughout

By

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1962

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CHAPTER I

INTRODUCTION

The Old Order Amish Mennonites, undoubtedly the plainest of the "plain people," have a high regard for the beliefs and customs of their forebears. Their forefathers had no telephones, automobiles, electric lights, radios, or church buildings, so the Amish of today work the land with horses, travel in buggies, burn gas lights, gather in homes for worship services, and wear styles of dress which were common in seventeenth and eighteenth century Europe.

Estimates made on the basis of recorded church membership in the Mennonite Yearbook place the Amish population of the United States at approximately 57,000. Their high birth rate has made them one of the fastest growing religious groups in the United States, and their rate of growth is still increasing.

The Amish have found no Biblical injunctions in opposition to modern health practices, and readily seek medical care when it is needed. However, like many rural groups, they also rely upon home remedies and cures.

The Amish are devoutly religious, committed to a conservative, agrarian way of life, and notable for their cohesive family and community structure.

Purpose of the Study

The purpose of this study was to gather information and opinions about living arrangements, income, health, leisure, recreation and employment of the older members of a community of Old Order Amish Mennonites in St. Joseph County, Michigan and to compare the findings of this study with those of a similar survey conducted in the spring of 1961 in Kalamazoo, Michigan, by the Kalamazoo Committee on Aging.¹

In the light of the increase in both proportion and absolute numbers of the aged in the population of the United States, the significance of such studies has become apparent. Access to information about the needs of individuals in this age group, their attitudes and problems, their weaknesses and their strengths, has become important to many who seek solutions to such problems and ways of meeting the needs of our senior citizens.

The National Institute of Health, The Health Information Foundation, The Social Research Council, The International Association of Gerontology, Institutes of Gerontology at several universities, and private foundations and groups have all given impetus and support in recent years to studies on aging.

This study was undertaken in the hope that investigation of the conditions of aging of a particular and unique group would serve to

¹William D. Allen and Samuel V. Bennett, Survey of Senior Citizens in Kalamazoo (Kalamazoo: Western Michigan University Press, 1961).

supplement general information on aging which has been made available by other studies, and would also make possible comparisons of the aged in a specialized rural population with the aged members of other groups and with a probability sample representing all older people in the United States as used by Shanas² in a study of family relationships of older people.

²Ethel Shanas, Family Relationships of Older People (New York: Health Information Foundation, 1961).

CHAPTER II

METHOD OF INVESTIGATION

Contact was made with two Amish patriarchs through the office of the St. Joseph County Superintendent of Schools. Both men were very cooperative and helpful. Church and family records were obtained and checked for birth dates of members of the group in order to determine the number of persons to be included in the sample. In the Kalamazoo study, individuals included in the sample were sixty years of age and older. For this study, the minimum age was lowered to fifty-five in order to increase the size of the sample and because in the Amish community individuals in their late fifties were considered "old" and, indeed, appeared so when compared with individuals of similar ages outside the Old Order Amish Community.

A list of thirty-five names was obtained which included the name of every person fifty-five years of age or over in the four church districts which comprise the entire Old Order Amish community in St. Joseph County. Sampling, then, was not a problem, for the study was to include every individual in the population who fell within the prescribed age range.

Twenty men and fifteen women were interviewed in the study. It was not deemed advisable to send out letters to the prospective interviewees as was done in the Kalamazoo study. A few of the interviewees had previous knowledge of the impending interview

through word of mouth, but most did not. The interviews were conducted in the interviewees' homes. In all cases the study and its purposes were explained simply and directly. An appeal for cooperation in the study was made. Each person was assured that he need not answer any question he did not wish to answer, that any information which he gave would be kept confidential, and that no individual would be identified in the report of results of the study. Most interviews were made at the time of the initial visit; a few were arranged at a time more convenient for the interviewee. The interviews were not timed. Their duration depended upon the time available to the interviewee and his or her inclination to talk.

Selected parts of the schedule³ developed for use in the Kalamazoo study were used to structure the first part of the interview and serve as a springboard for interviewing in more depth. Non-directive techniques were used to elicit responses during the unstructured portion of each interview.

Every individual in the group of thirty-five agreed to be interviewed making it possible to have 100% response. In the Havinghurst report⁴ it was estimated that about 75% of older persons can be interviewed, that approximately 10% are too ill or

³The 81 items which made up the schedule for the Survey of Senior Adults sponsored by the Kalamazoo Committee on Aging are shown in the Appendix. (Items preceded by an asterisk are those which were used in the present study.)

⁴R.J. Havinghurst, "Problems of Sampling and Interviewing in Studies of Old People," Journal of Gerontology, V (1950), 158-167.

feeble, and that refusals ordinarily amount to from 10-15% of the total.

The response was unusually good, too, in that each respondent cooperated fully in giving the information that was requested and, in most cases, by talking freely of the circumstances of his life and of his own attitudes in the unstructured portion of the interviews.

As the interviews progressed, the Old Order Amish community appeared to be a most fortunate choice for such a study. Their honesty in self-examination and self-criticism and their forthright manner of speaking were both impressive and helpful.

CHAPTER III

ANALYSIS OF RESPONSES

All of the interviewees were members of the Old Order Amish Mennonite Church. Fourteen of the fifteen women interviewed attended religious services regularly and seventeen of the twenty men did so. Ill health was given as the reason the three men could not go out to church services regularly, and the one woman stayed at home occasionally because of her husband's poor health.

Age and Sex

The distribution of interviewees by age and sex is shown in Table I. The age range for men was from 55 to 90 years and the age range for women was from 55 to 75 years. Two-fifths of the men and approximately one-fourth of the women interviewed were over 70 years of age. These figures compare with approximately one-half of the men and three-fourths of the women in the Kalamazoo study.⁵

⁵William D. Allen and Samuel V. Bennett, Survey of Senior Citizens in Kalamazoo (Kalamazoo: Western Michigan University Press, 1961.)

TABLE I
DISTRIBUTION OF INTERVIEWEES BY AGE AND SEX

Age	Men		Women	
	Number	%	Number	%
Under 65	7	35	6	40
65-70	5	25	5	33
71-75	3	15	4	27
76-80	2	10	0	-
81 and over	3	15	0	-
TOTAL	20	100	15	100

Table II indicates the marital status of the interviewees.

TABLE II
MARITAL STATUS OF INTERVIEWEES

Marital Status	Men		Women	
	Number	%	Number	%
Married	17	85	13	87
Widowed	3	15	2	13
TOTAL	20	100	15	100

These figures show a distribution unlike what might be expected in the general population, where the number of widows exceeds the number of widowers, and more women than men are found to be in the highest age groups. These findings suggest that the death rate for women may be higher than that of men in the Amish community. This hypothesis

is further supported by the fact that no women interviewed were older than their husbands; two were the same age as their husbands and the others were from one to fourteen years younger.

Education

None of the interviewees had completed a high school education, whereas, roughly one third of the men and women in the Kalamazoo study had done so and three-fourths of those high school graduates had attended college, many for three or more years. Many of the Amish men and women reported that their schooling had stopped at about the third or fourth grade level, though a few had finished grammar school.

Residence

Sixty percent of the group had lived in the St. Joseph County area for twenty years or more. Duration of residence in the county ranged from two years to 50 years with a mean of 21.9 years. In the Kalamazoo study, 86 percent of the men and 81 percent of the women had lived in Kalamazoo for more than twenty years.

Employment

Table III indicates how many of the group were in the labor force at the time of the interview, how many were not in the labor force, and reasons why they were not. Persons neither working nor seeking work were considered not in the labor force.

TABLE III
EMPLOYMENT STATUS

Employment Status	Men		Women	
	Number	%	Number	%
In labor force	14	70	1	7
Working	14		1	
Not in labor force	6	30	14	93
Not well enough to work	6			
Homemaker			14	
TOTAL	20	100	15	100

All of the men interviewed had engaged in farming during their lives. Farming had been the principal occupation of all except two, who had been carpenters. Farm incomes had been supplemented by income from related agricultural jobs such as threshing, hatchery and grain elevator work, and by carpentry, masonry, saw mill and factory work, and railroad section repair. The twenty men, as a group, had farmed for a total of 764 years or an average of 38.2 years per man and all but six of the group were still engaged in farming at the time of the interviews.

The one woman in the labor force was a widow who had actively engaged in farming to maintain the family farm after the death of her husband. A few of the women had worked as domestics for short intervals during their lives, but none were so employed at the time of the interviews. The life and work patterns of the Amish vary little from

one to another. Except for male and female role differences, a relative absence of role differentiation was found. The homogeneity of the group was obvious with respect to many traits and behavior patterns and the area of employment was no exception.

Housing

Thirty of the interviewees lived in single family private homes. Four lived in apartments in the homes of married children and one lived in a trailer on the farm of a married son.

Four women and six men reported that they had thought about some other living arrangement they would prefer to their present ones. In the Kalamazoo study, one in every four women and one in every nine men said they had thought about a preferable living arrangement. In both studies, however, when asked to rate their satisfaction with their present living arrangements, most of the interviewees said they were "completely satisfied" or "fairly well satisfied."

Four of the Amish dwellings had been wired for electricity and two of these had bathrooms. The others were without electricity or plumbing in conformity with Amish custom. Several of the women interviewed indicated, somewhat apologetically, that they would like to have running water, or a refrigerator, or a freezer, but appeared to prefer getting along without these conveniences to incurring the disapproval of the community, or, in some cases, to having their property insurance dropped by the group with the result

that they would have to turn to outside commercial groups for insurance and pay much higher rates, in addition to the stigma involved.

Health

Self-evaluation of health by the interviewees is shown in

Table IV.

TABLE IV
SELF-EVALUATION OF HEALTH STATUS

Health Status	Men		Women	
	Number	%	Number	%
Excellent	-	-	-	-
Good	3	15	4	27
Fair	15	75	11	73
Poor	2	10	-	-
TOTAL	20	100	15	100

The men in the group were, on the average, somewhat older than the women, which fact may help to explain the lower rating of their health by men.

During the interviews a list of seventeen common ailments (see Appendix for list) was read to the interviewees and they were asked whether they were "bothered" by any of these ailments. Most interviewees indicated that they were "bothered" by several ailments. Forgetfulness was reported by all 20 men as "bothersome" and by 10 of the 15 women (as compared to 25% and 32% respectively in the Kalamazoo

study). Tiredness, difficulty in hearing, kidney trouble and arthritis, in that order, were the next most common ailments of the men. Constipation was the most common ailment among the women and was reported by 12 out of 15. Tiredness, headaches, poor eyesight, and kidney trouble were reported frequently by women. When asked which of their ailments gave them the most trouble, both men and women reported kidney trouble and constipation with the greatest frequency. In the Kalamazoo study, arthritis was reported by both men and women as the most troublesome ailment. The incidence of heart trouble and high blood pressure was high in the Kalamazoo study and low among the Amish.

While all of the interviewees reported being "bothered by one or more ailments, only four of the men and two of the women reported that they were under a doctor's care at the time of the interviews.

The number of persons receiving health services and the amounts of money expended for these services during the year preceding the interviews are shown in Table V. The largest amount of money was spent for physicians' services, followed in order by hospital expenses and expenditures for medicines and vitamins. The same order of expenditures was found to exist in the Kalamazoo study.

Health insurance was carried by 51 percent of the women and 58 percent of the men in the Kalamazoo study. None of the Amish carried health insurance because commercial insurance is in conflict with their religious beliefs.

TABLE V

NUMBERS RECEIVING HEALTH SERVICES AND THE
TOTAL AMOUNT EXPENDED DURING THE YEAR
PRECEDING THE INTERVIEW

Health Services	Number	Total Spent	Average
M.D.	29	\$ 3231	\$ 111
D.D.S.	8	83	10
Hospital	5	2230	446
Medicine and Vitamins	35	2031	58
Appliances	11	358	33
TOTAL	35	\$ 7933	\$ 227

The interviewees were asked, "If a free medical service, that is, an outpatient clinic were available would you use it or not?" Fifteen responded negatively. Only seven replied with an unqualified "yes." The remaining thirteen said they would use such a clinic under certain conditions. Some of the conditions pertained to the nature of the clinic itself, such as whether it would be tax supported and free to all. More commonly, the condition was attached to the need of the individual.

Leisure and Recreation

When asked how much of the day they were free to do as they pleased, six men replied "all day," five "half a day," three "a few hours a day," and six "almost none." For the women the numbers

in each category were four, four, five, and two respectively. In the Kalamazoo study 87% of the men and 79% of the women reported that they were free all day. Another 8% of the men and 12% of the women said they had at least half a day of leisure time.

A greater proportion of the aged members of the Amish community continued to work in some capacity during their later years than was true of the Kalamazoo senior citizens. The way of life of the Amish family groups does much to explain the difference. It is common for an Amish farm to be run as a partnership by father and sons or for a father, if he is able, to help his sons financially in the establishment of their own farms. Then, in what might be considered "retirement years" the members of the older generation draw income from their investments of capital in the family farm or farms and perform whatever useful tasks they feel able to do on the farm. The older women help with child care, food preservation, and other household duties. In most cases the adult children assume responsibility for any needs a parent may have that he cannot provide for himself. Amish families are large and appear to have a strong sense of interdependency. In fact, one of the tenets of the Amish community as a whole, is that of responsibility for one another.

Reading was the form of recreation mentioned most frequently by both men and women. Passive forms of recreation — reading, listening to the radio, and watching television — were most popular with both men and women in the Kalamazoo study. The absence of electricity in Amish homes and the restraints related to religious beliefs served

to limit the diversity of recreation and further contribute to the homogeneity of the group. Sewing and quilting were mentioned frequently by the women, and fishing and hunting by the men. Visiting and helping children and gardening were replies given by both men and women. None of the Amish had telephones in their homes. Use of the telephone by Kalamazoo senior citizens was a common means of utilizing leisure time. Seventy percent of the women and thirty-four percent of the men reported that they used the telephone to "visit."

Income

The average individual monthly income among the Amish group was \$84, a figure lower than the average monthly income of any group in the Kalamazoo sample. However, because of the difficulty involved in estimating the market value of goods — both food and clothing — produced within the family unit, it is misleading to compare the cash income or cash expenditures of the Amish with those of an urban or non-farm group.

The average monthly expenditure per person for food was \$19, a figure which in itself is indicative of the fact that a large part of the food consumed by members of the group is not purchased, but raised on the farms. Some families buy only such staples as sugar, flour, and spices. A great deal of food preservation is done by the women.

The Amish are opposed in principle to social security. While most of them are required by law to make social security payments, the

majority of those eligible to draw income from that source refuse to do so. Whereas, in the Kalamazoo study, income from social security was found to be the most widespread source of income among both men and women, only six individuals in the Amish group received any income from social security. The Amish consider savings and investments in farm land the best means of providing for one's needs in old age.

CHAPTER IV

SUMMARY AND CONCLUSIONS

The thirty-five oldest members of the Old Order Amish Menonite Community in St. Joseph County, Michigan were interviewed for the purpose of gathering information about their living arrangements, income, health, leisure, recreation, and employment. Twenty of the group were men between the ages of 55 and 90, and the remaining fifteen were women between the ages of 55 and 75. The findings of this study were compared with some of the results obtained in a similar survey conducted in the spring of 1961 in Kalamazoo, Michigan, by the Kalamazoo Committee on Aging.⁶

Seventeen men and thirteen women were married at the time of the interviews and three men and two women were widowed. Many of the interviewees reported that their schooling had stopped at about the third or fourth grade level, though a few had finished grammar school. None of the group had attended high school.

Sixty percent of the group had lived in the St. Joseph County area for twenty years or more.

Fourteen men and one woman were in the labor force at the time of the interviews. All of the men had engaged in farming during their

⁶William D. Allen, and Samuel V. Bennett, Survey of Senior Citizens in Kalamazoo (Kalamazoo: Western Michigan University Press, 1961).

lives, and farming had been the principal occupation of all except two. Except for sex differences, little role differentiation was found to exist.

Thirty of the interviewees lived in single family private homes. Four lived in apartments in the homes of married children and one lived in a trailer. Most of the interviewees indicated that they were "completely satisfied" or "fairly well satisfied" with their present living arrangements.

The women rated their health more favorably than the men did. When asked which of their ailments gave them the most trouble, both men and women reported forgetfulness, kidney trouble, and constipation with the greatest frequency. Four men and two women reported that they were under the care of a doctor. An estimated total of \$7933 had been spent by the group for health services during the year preceding the interviews.

A greater proportion of the older members of the Amish Community continue to work in some capacity than is true of older people generally. Also, there is less diversity in use of leisure by the Amish.

The average individual monthly income was found to be \$84. The average monthly expenditure per person for food was \$19. The Amish are opposed in principle to social security and the majority of those eligible to draw income from that source refuse to do so. Savings and investments in land are considered the best means of providing for one's needs in old age.

Though the total population used in this study was small, the results have indicated that characteristics of the Amish group can be brought into relief against a background of the aged in the general population. There is much homogeneity in the group. Except for sex differences, role-differentiation and social stratification are conspicuous by their absence. The life patterns of most of the older members of the Amish community are remarkably similar to each other. Family ties are strong and families and the community share responsibility for the well-being of the aging.

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APPENDIX

SURVEY OF SENIOR ADULTS

Sponsored by

Kalamazoo Committee on Aging

A. Personal Characteristics

- *1. Name _____
- *2. Address _____ *3. Sex: M _____ F _____
- *4. Marital status: Single _____ Married _____ Widowed _____ Divorced _____ Separated _____
5. Race: White _____ Other _____ *6. What is your age? _____
- *7. Do you have a telephone? (1) Yes _____ (2) No _____
- *8. How many years have you lived in Kalamazoo? _____
- *9. Are you a church member? (1) Yes _____ (2) No _____
- *10. Do you generally attend religious services? (1) Yes _____ (2) No _____
- *11. (IF EITHER 9 OR 10 IS CHECKED "YES")
What is the denomination or faith of the church you attend (OR of which
you are a member)? _____
- *12. Did you complete a high school course? (1) Yes _____ (2) No _____
13. (IF YES) a. Did you attend college? (1) Yes _____ (2) No _____
b. (IF YES) For how many years? _____

B. Employment

I am going to ask you a few questions that have to do with work you have done.

- *14. First of all, are you working now or not? (1) Working _____
(2) Not Working _____
(IF WORKING, SKIP TO Q. 19)

* Items preceded by an asterisk are those which were used in the present study.

IF NOT WORKING

15. Are you looking for work or not? (1) Looking ____ (2) Not Looking ____

16. (IF LOOKING FOR WORK)

a. What kind of work are you looking for? _____

b. Are you interested in working (CHECK ONE) (1) Full time ____
(2) part time ____ (3) either ____

c. What kind of work were you doing on your last job? _____

d. How long (NO. OF MONTHS) have you been looking for work? _____

e. How many different places have you applied for work in that time? _____

(SKIP TO Q. 19)

17. (IF NOT LOOKING FOR WORK) Why is that?
(CHECK WHICHEVER ONE OF THE FOLLOWING REASONS IS MOST APPROPRIATE)

a. ____ Not interested in working. (IF CHECKED, SKIP TO Q. 19)

b. Interested, not well enough to work. (SKIP TO Q. 19) ____

c. Interested, but gave up trying. (IF CHECKED, ASK) ____

What was the problem you ran up against?

____ (SKIP TO Q. 19)
d. ____ R is a housewife (IF CHECKED, ASK)

Have you ever held a full time job? (1) Yes ____ (2) No ____
(IF "YES", SKIP TO Q. 19. IF "NO" SKIP TO Q. 21)

e. ____ R is waiting to be recalled. (IF CHECKED, ASK)

How long have you been laid off (NUMBER OF MONTHS)? ____

f. ____ R is retired. (ANSWER Q. 18)

18. (IF R IS RETIRED)

a. Did you retire (CHECK ONE) (1) Voluntarily ____ or (2) Involuntarily ____

b. Why was that? _____

c. Did your employer offer any help to you in planning for retirement?
(1) Yes ____ (2) No ____

d. (IF YES) What did your former employer do in helping you make plans
for retirement? _____

(IF NOT WORKING - continued)

18. (IF RETIRED) continued

e. (IF NO) Do you think your former employer should have offered a program of some kind to help you in retirement? (1) Yes ____ (2) No ____

f. (IF YES) What do you think such a program should cover?

*19. (ALL R'S WHO ARE WORKING OR WHO HAVE WORKED IN THE PAST)

a. What kind of work have you done most of your life? _____

b. For how many years have you done this kind of work? _____

c. What other kinds of jobs have you worked at for at least three years? _____
(WRITE IN NUMBER OF OTHER JOBS. IF NONE, PLACE "0")

(IF OTHER JOBS)

Occupation	For how long? (Yrs.)	Occupation	For how long? (Yrs.)
d. _____	_____	g. _____	_____
e. _____	_____	h. _____	_____
f. _____	_____	i. _____	_____

*20. (IF NOW WORKING)

a. What sort of work do you do? _____

b. Where are you working? _____

c. Is your job there full time (1) _____ or (2) part time _____

d. How many years have you been with your present employer? _____

C. Housing and Living Arrangements

*21. CHECK OFF TYPE OF HOUSING IN WHICH R LIVES. IF IN DOUBT, ASK. FOR EXAMPLE: "Do you rent this apartment or do you own it?"

- | | |
|--|---|
| a. <input type="checkbox"/> Single family private home | g. <input type="checkbox"/> Nursing home |
| b. <input type="checkbox"/> Furnished room | h. <input type="checkbox"/> Home for the aged |
| c. <input type="checkbox"/> Unfurnished room | i. <input type="checkbox"/> Trailer |
| d. <input type="checkbox"/> Rental apartment | j. <input type="checkbox"/> Other (SPECIFY) _____ |
| e. <input type="checkbox"/> Cooperatively owned apt. | |
| f. <input type="checkbox"/> Hotel room | |

*22. Does your (SPOUSE) also live here with you? (1) Yes ☐ (2) No ☐

- a. (IF NO) How is that? (TRY TO DETERMINE WHETHER) (1) R is single ☐;
 (2) Spouse is deceased ☐; (3) R and spouse are separated ☐;
 (4) Spouse lives in nursing home ☐; or what? (SPECIFY) _____

*23. (EXCLUDING R'S IN NURSING HOMES AND HOMES FOR AGED)

a. Are there other people living here with you? (1) Yes ☐ (2) No ☐

b. (IF YES) Who are the other people? (GIVE TOTAL NUMBER IN EACH CATEGORY OF PERSONS LIVING IN DWELLING OF R)

- | | |
|--|--|
| (1) <input type="checkbox"/> Mother or father of R or spouse | (4) <input type="checkbox"/> Other relatives |
| (2) <input type="checkbox"/> Children of R or spouse | (5) <input type="checkbox"/> Friends |
| (3) <input type="checkbox"/> Grandchildren | (6) <input type="checkbox"/> Roomers or boarders |

c. (ENTER TOTAL NUMBER OF PERSONS IN R'S DWELLING) _____

d. Are you the head of the household? (1) Yes ☐ (2) No ☐

e. (IF NOT) Who is considered the head of the household? (BY RELATIONSHIP TO R. USE CODE UNDER "b" ABOVE) _____

*24. How many years have you lived here? _____

*25. (IF R LIVES IN PRIVATE HOME: Q. 21a IS CHECKED)

Do you own this home? (1) Yes ☐ (2) No ☐

*26. (IF Q. 25 IS ANSWERED "YES") Is your home:

(1) ☐ All paid for or (2) ☐ are you still paying on it?

*27. (IF Q. 25 IS ANSWERED "NO") Who is the owner? (USE CODE NUMBER UNDER

Q. 23b) _____

We would like to find out about how much it costs persons in later years for housing and for food.

28. (EXCLUDING R'S WHO HAVE HOME ALL PAID FOR) Now, how much does it cost you each month for:
- a. Your house payment _____ (IF R IS BUYING HOME)
 - b. Rent _____ (IF R IS RENTING, LIVES IN HOTEL)
 - c. Room and board _____ (IF R BOARDS, LIVES IN NURSING HOME, ETC.)
 - d. Utilities (Water, electricity, heat) _____
- (IF "C" IS CHECKED, SKIP TO Q. 32)
- *29. Now, about how much do you spend in a month for food you buy for yourself?
(IF SPOUSE LIVING WITH R) and your spouse? _____
- *30. (IF OTHERS BESIDES SPOUSE LIVING WITH R)
- a. Do you pay for the food eaten by anyone else living with you?
(1) Yes ____ (2) No ____
 - b. (IF YES) About how much does this cost you per month? _____ and
 - c. For how many others besides your (SPOUSE) do you provide food, in whole or in part? _____
- *31. Have you counted in the cost of meals you eat outside the home?
(1) Yes ____ (2) No ____ (3) Don't eat outside the home ____
- (IF R SAYS "NO", AND FAMILY DOES EAT OUT, ASK FOR AVERAGE MONTHLY COST AND ADD TO ANSWER GIVEN TO Q. 29 AND Q. 30)
- *32. Have you thought about some other living arrangement that you would prefer to your present one? (1) Yes ____ (2) No ____
- *33. As regards your present living arrangements, would you say that you are:
- (1) _____ Completely satisfied
 - (2) _____ Fairly well satisfied
 - (3) _____ Satisfied as well as with any other arrangements
 - (4) _____ Not too well satisfied
 - (5) _____ Not at all satisfied
- *34. (EXCLUDING R'S FOR WHOM Q. 33 IS CHECKED 1,2,3)
- a. Why is that? _____
-

34. (continued)

- b. If you had a choice, what type of housing would suit you most?
(READ ALTERNATIVES UNDER Q. 21 AND ANSWER WITH LETTER USED THERE,
OR SPECIFY)

- c. And about how much could you afford to pay for such housing? ____

EXCLUDING PERSONS IN INSTITUTIONS

35. Some cities have what is called a "meals-on-wheels" program. This is a service which delivers hot, nourishing, and well-balanced meals for less than \$2 a day for three meals. If such a service were available to you, would you use it? (1) Yes ____ (2) No ____ (3) Don't

36. (IF ANSWER TO Q. 35 IS "YES")

- a. Would you use it chiefly because (CHECK ONE)

- (1) ____ It would be a convenience for you
(2) ____ You are unable to prepare your own meals satisfactorily or
(3) ____ What? (SPECIFY)

- b. If such a service were available, about how often do you think you would use it?

- | | |
|---------------------------|---------------------------------|
| (1) ____ Six days a week | (4) ____ Three days a week |
| (2) ____ Five days a week | (5) ____ One or two days a week |
| (3) ____ Four days a week | (6) ____ Don't know |

37. Who prepares your meals for you now?

- | | |
|-------------------|-------------------------------|
| (1) ____ Self | (4) ____ Other relatives |
| (2) ____ Spouse | (5) ____ Friends or neighbors |
| (3) ____ Children | (6) ____ Other (SPECIFY) |

38. Who does your housekeeping for you?

- | | |
|-------------------|-------------------------------|
| (1) ____ Self | (4) ____ Other relatives |
| (2) ____ Spouse | (5) ____ Friends or neighbors |
| (3) ____ Children | (6) ____ Other (SPECIFY) |

EXCLUDING PERSONS IN INSTITUTIONS (continued)

*39. How well satisfied are you with the present housekeeping arrangement?

- | | |
|-----------------------|-----------------------|
| (1) _____ Very well | (4) Not so well _____ |
| (2) _____ Fairly well | (5) Not at all _____ |
| (3) _____ So-so | |

*40. What cooking facilities do you have? (CHECK APPROPRIATE ITEMS)

- | | |
|--|------------------------|
| (1) _____ Stove | (4) _____ Have neither |
| (2) _____ Hot plate | |
| (3) _____ Share stove or hot plate with others | |

*41. What about food storage facilities? Do you have a (CHECK APPROPRIATE ITEMS)

- | | |
|------------------------|--|
| (1) _____ Refrigerator | (4) _____ Share facilities with others |
| (2) _____ Ice Box | (5) _____ Have none |
| (3) _____ Window box | |

D. Health

Now I'd like to ask you a few questions dealing with health

*42. How would you rate your own health? Would you say it's

- | | |
|---------------------|----------------|
| (1) _____ Excellent | (3) _____ Fair |
| (2) _____ Good | (4) _____ Poor |

*43. I'm going to read off some of the common ailments of people generally. Will you tell me whether you are bothered by any of these? (USE CHECK MARK IF ANSWER IS "YES". OTHERWISE LEAVE BLANK.)

- | | |
|--------------------------------|---------------------------------------|
| (1) _____ Hard of hearing | (12) _____ Hardening of arteries |
| (2) _____ Poor sight | (13) _____ Crippling |
| (3) _____ Trouble with teeth | (14) _____ Heart trouble |
| (4) _____ Rheumatism | (15) _____ Kidney trouble |
| (5) _____ Arthritis | (16) _____ Gall bladder trouble |
| (6) _____ Diabetes | (17) _____ Constipation |
| (7) _____ Headaches | (18) _____ Any other ailment |
| (8) _____ Forgetfulness | (19) <u>(IF SO)</u> What is it? _____ |
| (9) _____ Tiredness | |
| (10) _____ Paralysis | |
| (11) _____ High blood pressure | |

*44. Which of these ailments gives you the most trouble? (USE SAME LETTER) _____

*45. Are you under a doctor's care at the present time? (1) Yes ____ (2) No ____

*46. (IF YES) What is he treating you for? (USE SAME LETTER AS IN Q.43) _____

*47. (IF NO) Is this because you (READ ALL AND CHECK ONE MOST APPROPRIATE)

- (1) _____ Are not presently ill?
 - (2) _____ Don't have enough money?
 - (3) _____ Already owe money for doctor bills?
 - (4) _____ Don't know which doctor to go to?
 - (5) _____ Have trouble getting to a doctor?
 - (6) _____ Or what? (SPECIFY)
- _____
- _____

*48. Do you carry health insurance? (1) Yes ____ (2) No ____

49. (IF YES)

a. What does your health insurance cover? Does it include:

- (1) Medical services? (1) Yes ____ (2) No ____
 - (2) Hospital services? (1) Yes ____ (2) No ____
 - (3) What else does it include?
- _____

B. What company or companies carry your health insurance? _____

*50. During the past year, how much, if anything, did it cost altogether for the following for yourself (and your SPOUSE, IF SPOUSE LIVING) for

- | | |
|--------------------------------------|--|
| a. _____ Doctor's services | f. _____ Other health services (SPECIFY BELOW) |
| b. _____ Dentist's services | |
| c. _____ Hospital services | |
| d. _____ Medicines and vitamins | g. _____ (TOTAL ABOVE) |
| e. _____ Appliances, such as glasses | |

51. (IF R CARRIES HEALTH INSURANCE) Of the total amount of money that it cost you for health services last year, how much altogether was paid by your health insurance companies? _____

*52. Which of these statements best describes your ability to get about?

- (1) _____ Can go anywhere outside the home without help.
- (2) _____ Need some help in getting around outside the home.
- (3) _____ Confined to this home or yard.
- (4) _____ Confined to a bed or chair.

- *53. If a free medical service, that is, an outpatient clinic, were available would you use it or not? (1) Would use ____ (2) Would not ____

E. Leisure and Recreation

- *54. About how much of the time during a day are you free to do as you please? (CHECK ONE)

- a. ____ All day c. ____ A few hours a day
b. ____ Half a day d. ____ Almost none

55. Which of the following activities do you now participate in (FIRST COLUMN), which would you like to participate in (SECOND COLUMN), and which do you have little or no interest in? (THIRD COLUMN) (USE CHECK)

	Now Participate in	Interested in Participating	Not Interested
a. Church services	(1) ____	(2) ____	(3) ____
b. Church related activities	(1) ____	(2) ____	(3) ____
c. Service Clubs	(1) ____	(2) ____	(3) ____
d. Lodge	(1) ____	(2) ____	(3) ____
e. Union meetings	(1) ____	(2) ____	(3) ____
f. 3/4 Century Club	(1) ____	(2) ____	(3) ____
g. Townsend Club	(1) ____	(2) ____	(3) ____
h. Drop-in Centers	(1) ____	(2) ____	(3) ____
i. Adult education programs	(1) ____	(2) ____	(3) ____
j. Veterans groups	(1) ____	(2) ____	(3) ____

56. Would you be interested in any of the following kinds of activities and, if so, what might keep you from taking advantage of them? Is it the cost involved, any disabilities you have, lack of suitable clothing, not enough time, or what?

(IF NOT INTERESTED, CHECK BELOW) IF INTERESTED, CHECK MOST APPROPRIATE ONE
Money Disab. Cloth. Trans. Time Other

a. Concerts	(1) ____	(2) ____	(3) ____	(4) ____	(5) ____	(6) ____	(7) ____
b. Movies	(1) ____	(2) ____	(3) ____	(4) ____	(5) ____	(6) ____	(7) ____
c. Plays	(1) ____	(2) ____	(3) ____	(4) ____	(5) ____	(6) ____	(7) ____
d. Sports events	(1) ____	(2) ____	(3) ____	(4) ____	(5) ____	(6) ____	(7) ____
e. Travel talks	(1) ____	(2) ____	(3) ____	(4) ____	(5) ____	(6) ____	(7) ____
f. Book reviews	(1) ____	(2) ____	(3) ____	(4) ____	(5) ____	(6) ____	(7) ____

- *57. Which of the following, if any, are you doing now? (CHECK ANY APPROPRIATE)

- a. ____ Golfing f. ____ Listening to radio
b. ____ Ceramics g. ____ Playing musical instrument
c. ____ Gardening h. ____ Painting
d. ____ Reading i. ____ Fishing
e. ____ Watching TV j. ____ Card playing

58. I'll mention a number of volunteer services. Will you tell me in connection with each whether you're now working at it, or if not, whether you would be interested or not interested, or don't know whether you would be interested in these volunteer services? What about:

	Now a Volunteer	IF NOT NOW A VOLUNTEER		
		Interested	Not Interested	Don't know
a. Red Cross work	(1) _____	(2) _____	(3) _____	(4) _____
b. Friendly visitors	(1) _____	(2) _____	(3) _____	(4) _____
c. Cancer Society work	(1) _____	(2) _____	(3) _____	(4) _____
d. Helping in a hospital	(1) _____	(2) _____	(3) _____	(4) _____
e. Reading to children	(1) _____	(2) _____	(3) _____	(4) _____
f. Fund drives	(1) _____	(2) _____	(3) _____	(4) _____
g. Repairing toys and furniture	(1) _____	(2) _____	(3) _____	(4) _____

59. Would you be interested in week-end camping in an established camp with cabins and other facilities? (1) Yes ____ (2) No ____
60. Would you be interested in a hobby show in which other older adults exhibited their hobbies? (1) Yes ____ (2) No ____
61. (IF YES) Would you be a participant in such a show if one were set up?
(1) Yes ____ (2) No ____
62. Are you a patron of the Kalamazoo Public Library? (1) Yes ____ (2) No ____
63. (IF YES) How often do you visit there as a rule? (CHECK NEAREST ONE)
- | | |
|------------------------------|--|
| a. ____ Once a week | d. ____ Once in 2 or 3 months |
| b. ____ Once every two weeks | e. ____ Once in 4 or 5 months |
| c. ____ Once a month | f. ____ Less often than once in 5 months |
64. Is there some way, you feel, that the library could better meet the needs of older adults? (1) Yes ____ (2) No ____ (3) Don't know ____
- a. (IF YES) How is that? _____
- _____

65. (IF R HAS TELEPHONE)

- a. Do you "visit" over the telephone each day? (1) Yes ____ (2) No ____
- b. (IF YES) With whom do you visit? (1) Children ____ (2) Other relatives
____ (3) Neighbors ____ (4) Other friends ____
- c. (IF NO) Would you like to have someone telephone you each day just to make sure everything is all right? (1) Yes ____ (2) No ____

66. Do you know what a drop-in center is? (1) Yes ____ (2) No ____

67. (IF YES)

a. Are you attending a drop-in center? (1) Yes ____ (2) No ____

b. (IF YES) What activities do you engage in? _____

68. (IF NO: EXPLAIN WHAT CENTER IS, AND THEN ASK)

Would you be interested in going to a drop-in center if one were located near you? (1) Yes ____ (2) No ____

F. Income

The organizations which are cooperating in the study are interested in finding out not only how much older adults spend for such things as housing and food but also how much income older persons have to meet these and their other living expenses, and how much they think is needed to meet ordinary living expenses. We would appreciate it a great deal if you would answer a few questions along these lines.

*69. First of all, will you tell me approximately how much cash income you receive per month (IF VARIABLE, ASK FOR A MONTHLY AVERAGE)?

_____ (NOTE: IF R REFUSES, WRITE "Ref." ABOVE AND TRY SUCCEEDING QUESTIONS.)

a. About how much of this, if any, comes from work? _____

*70. Will you tell me whether you receive cash income from the following sources? (CHECK IF YES)

- | | |
|-----------------------------|---------------------------------------|
| a. _____ Working | i. _____ Friends |
| b. _____ Company pensions | j. _____ Unemployment benefits |
| c. _____ Annuities | k. _____ Teacher's retirement program |
| d. _____ Social Security | l. _____ Veterans pension |
| e. _____ Old age assistance | m. _____ Railroad retirement program |
| f. _____ Investments | n. _____ Government retirement |
| g. _____ Relatives | o. _____ Other (SPECIFY) |
| h. _____ Rents | |

71. Do you feel you have enough income to permit you to:

- a. Take short vacation trips? (1) Yes ____ (2) No ____
- b. Spend the winter in a warmer climate? (1) Yes ____ (2) No ____

*72. Do you receive any "income-in-kind" from relatives or friends: That is, gifts of clothing, free lodging or meals?

- a. _____ Very little c. Good deal _____
b. _____ Some

73. About how much money do you think is required per month as a minimum to meet the ordinary living expenses of (ASK EACH OF THE FOLLOWING):

- a. _____ A retired married couple in which the man is 60 years of age or older?
b. _____ A retired man of 60 or older living alone?
c. _____ A retired woman of 60 or older living alone?

H. Miscellaneous

74. I am going to read off a list of services that many people, and especially older people, have need for at some time or another. Will you tell me, in connection with each, whether you are now using the service, and, if not, why you don't? (CHECK IF USING) (IF NOT USING) Why?

- a. _____ Visiting nurse service _____
b. _____ Legal Aid _____
c. _____ Advice on family problems _____
d. _____ Household help _____
e. _____ Friendly visitors _____

*75. If a free or low-cost medical clinic were available, would you be interested in using it? (1) Yes _____ (2) No _____ (3) Don't know _____

*76. What advice would you give to someone in his early thirties, let us say, who wants to know how best to prepare to meet problems he might come up against when he gets to be in his sixties or seventies?

*77. As you look back, is there some way in which you would have done things differently than you did, knowing what you now know? (1) Yes _____ (2) No _____

*78. (IF YES) In what way would you have done differently? _____

79. We'd like to know what you think of Kalamazoo as a place for older or retired people to live. Do you think it's:

- a. _____ Better than most places you know about?
- b. _____ About the same as most places?
- c. _____ Not as good as most places?

80. As you see it,

a. Are there some advantages which Kalamazoo offers to older and retired persons as a place to live? (1) Yes ____ (2) No ____

b. If so, what do you think they are?

81. What would you like to see in Kalamazoo that would make it an even better place to live for older and retired persons?

Interviewer _____
Date of interview _____

INTERVIEWER'S COMMENTS