

UNDERSTANDING A RETIREMENT COMMUNITY AS  
PORTRAYED BY THE COMMUNITY  
MAGAZINE

by

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A thesis submitted to the Graduate Council of  
Texas State University in partial fulfillment  
of the requirements for the degree of  
Master of Science  
in Dementia and Aging Studies  
December 2021

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## ACKNOWLEDGEMENTS

First, I would like to thank my thesis chair Dr. Kyong Hee Chee. Her time, knowledge, encouragement, and guidance during this thesis and throughout my education at Texas State University has made me a better sociologist and gerontologist. Her professionalism is evident, and I am grateful to have had the opportunity to learn from her. Next, I would like to thank Dr. Patti Giuffre for helping me find and begin to develop the idea for this thesis. I would also like to thank Dr. Joseph Kotarba for his expertise in qualitative research, enthusiasm for this project, and his insightful comments on qualitative methods, enjoyment of the stories in the findings, and suggestions to improve the understanding and expression of the thesis. I would also like to thank Dr. Kimberly Lee for her extra time, patience, and expertise in expanding the focus of the researched public media and helping me look beyond what existed, attend to the detail to clarify it, and expand upon the model that was used to explain the study.

I also extend my thanks and appreciation to my classmate Angie Yeh, a fellow gerontologist, who has always been a light of encouragement, enjoyment and a great sounding board for ideas and a special steadfast friend of many years. I also thank Gloria Elsa Pados Irwin. We met as undergraduates at Ohio State University and have grown together and apart and together many times but have remained friends connected and engaged. Another special thank-you to my friend and colleague Dr. Cheryl Patterson. We met in junior high school and went to college together, and most recently she gave me the encouragement to embark on this journey to become a sociologist and gerontologist. She

is working her encore job as a Long-term Care Administrator at Westview Healthy  
Living in Broadview Heights, Ohio, awaiting her first grandchild. John Kelly has been  
my protector and friend as well as my faithful companion and friend Teddy.

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## I. INTRODUCTION

Retirement, traditionally, has taken place in a lockstep or a linear pathway fashion. Progressing from full-time work to full-time retirement, retirees used to move into it in an orderly manner (Kojola & Moen, 2016). Because of societal changes such as demographic transitions, technological advancements, cultural changes and shifts in the global economy (job insecurity, uncertainty of retirement savings), retirement has been transformed into a bridge through which retirees continue part-time work, volunteering and reinvesting themselves in the community in a more flexible manner (Kojola & Moen, 2016). It has become a circular, back and forth movement from work to part-time work, leisure mixed with volunteering, community service, and activities all to maintain well-being and financial status.

Retirement is now a life course transition that reflects various inequalities that are influenced by the retiree's personal developmental, social and psychological identity transformation, new expectations and preferences and available funds that present a renewed meaning in life (Moen, 1996). The changes that a person chooses to make in the retirement transition influences their ability to age in a healthy manner, adopt strategies that positively influence both physical and mental health and facilitate social behavior and the development of additional social resources. These retirement decisions are influenced by gender and social class that inevitably influence health and impact well-being (Oi, 2019).

Retirement affords one to have an unstructured time-based life with a self-selected routine structure in which work life and family building take a back seat to new social connections and engagement with new friends in common interests and goals.

Adapting one's lifestyles to retirement may include segments of part-time work, engaging and connecting with new friends through activities, volunteering and social events. As a daily routine evolves, one's past work roles and life course experiences going as far back as childhood influence are incorporated into one's new retirement life (Moen & Flood, 2013). Community contributions begin to appear more often and take the place of full-time work while aiming at improving societal good rather than contributing economically. These new types of personal connections foster the maintenance of health and well-being, thus lessening the burden on society as one ages (Pitt-Catsouphes, 2018).

The issue of gender reappears during retirement transition in a different form with new inequalities. These new inequalities form around newly defining life patterns, perceptions, and mental and physical health and well-being. Rather than problems at work and with raising children, retirees experience living on a fixed income with a more flexible daily schedule that allows for new ways to connect and engage with others and gain part-time paid work contributing to society (Moen, 1996). Gender differences in retirement begin to appear at ages 50 to 75, with men more slowly leaving paid work than women. Oftentimes men reinvent themselves as consultants in the same or similar field as their career, returning to work with the companies from which they retired.

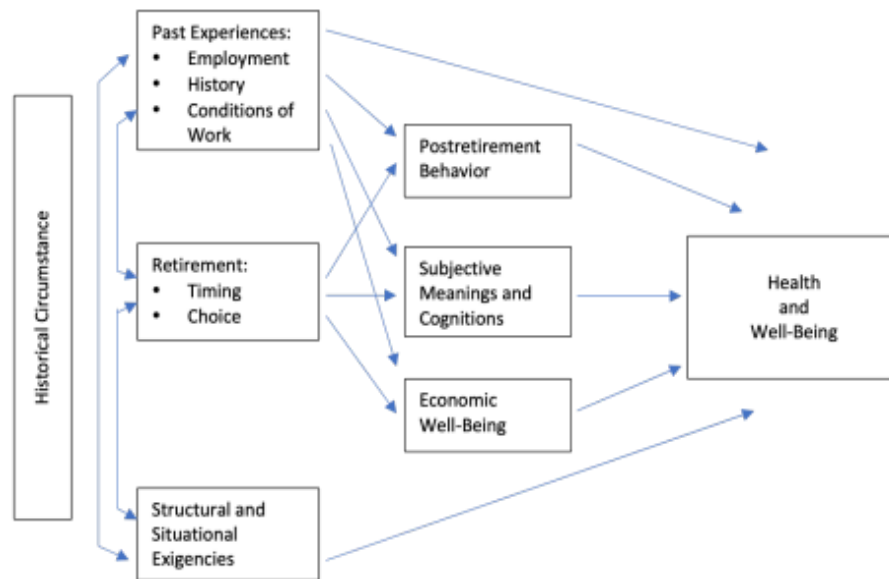
Women, who have often raised a family, cared for ill family members or family members having personal difficulties, will have less consistent years of employment and may have lower incomes and limited retirement funds (Kojola & Moen, 2016; Quick & Moen, 1998). These gender differences may impact the

retirement transition and make it more difficult to attain for those with limited resources and more attainable for those with greater means (Moen & Flood, 2013; Torres, 2014, 2019a, 2019b). Past work roles/employment and careers are an important aspect of retirement along with the life course events that have influenced these roles. They often provide a trajectory from which a person, who is retiring, can gain impetus and refocus their goals during retirement. Retirement communities can provide the environment for helping, engaging and connecting in meaningful relationships through activities, events and volunteering while developing new social resources and networks and post-retirement work life (Karpen, 2017; Moen, 1996).

The main purpose of this study is to examine how men and women transition to a retirement community as depicted in a community's magazine. This study is significant as it will help to describe and show how a retirement community develops the involvement of its residents and how it is actually lived by the retirees who desire to maintain health and well-being. A content analysis was chosen for this study to determine what actually exists in the community to provide engagement and connections with others and how retirees participate in community offerings. The retirement community to be studied is Sun City Texas (SCT) located in Georgetown, Texas. This retirement community has 8,500 single family homes, with one resident in each home over the age of 55, and a total of 15,700 residents (Sun City Texas Community Association, 2021). The community's monthly publication called Sun Rays Magazine (SRM) will provide the public media information for this qualitative content analysis.

## II. THEORETICAL FRAMEWORK

A Life Course Model of Retirement and Health developed by Moen (1996, p. 134) will be used as the framework for this study (see Figure 1). The components of this model will be described along with how it goes with Torres's (2014, 2019a, 2019b, 2020) ethnographic qualitative research.



**Figure 1**

*Moen's (1996) Life Course Model of Retirement and Health (p. 134).*

Moen's (1996) (Figure 1) model is based on the founding premises of life course theory (Dannefer, 1999; Dannefer & Kelley-Moore, 2008). Life course theory describes the nature of the human individual and the social dynamics within which their lives are rooted. The dynamics of an individual's social interactions and structure are a part of their unique physiological make-up and developmental characteristics. These dynamics may also involve an imbalance of structure and agency for the individual. Agency in life course theory is described as an individual's interaction in the world and how it is

processed by the individual and perceived by others. Structure refers to the established ways in which social practices and rules provide a sense of certainty in everyday life. All of these components are influenced by age, time and choice, which lead to patterns, routines and age-related changes that influence social interactions (Dannefer,1999; Dannefer & Kelley-Moore, 2008).

Moen's model (1996, Figure 1) emphasizes that all of one's historical circumstances (all life course events in all life stages) impact past experiences (history and conditions of employment), retirement (timing and choice) and structural and situational exigencies. These three components then influence one's post retirement behavior, its subjective meanings and cognitions, and economic well-being. These linkages then lead to an individual's state of health and well-being. It also further highlights and focuses on both the characteristics of an individuals' gender and environments (places) lived in during retirement and how they promote healthy development in all stages of the life course. The model also helps to foster an understanding of how national policy developments along with other social and economic changes may influence one's ability to retire, be healthy and maintain well-being (Kojola & Moen, 2016; Torres, 2019a, 2019b, 2020).

Torres's (2019a, 2019b, 2020) qualitative ethnographic research explores aging in urban New York City. Her research describes additional themes of aging: place, loneliness, social isolation, connections, engagement and belonging, which can be linked into Moen's (1996) model. These themes expand the components of retirement transition, and the encore stage of adulthood described by Moen (1996, 2016) by including themes that involve living in urban neighborhoods that are lower income, gentrifying, changing

places, with little safety and security. Moen (1996) acknowledges that not everyone who retires will have the economic and social resources to attain the encore state of adulthood.

Gender plays a role in the retirement transition amid changes in the national occupational structure and demands for certain skills (Moen, 1996). These national changes may allow women to participate more in the workforce, develop careers with longer years of employment, and experience stability in work life and enroll in retirement funding programs, improving retirement finances and social class. These changes also move the direction of men's and women's retirement, resulting in an earlier or later retirement. Additional situations that affect retirement may occur from a job loss related to changes in skill sets needed for the job or sudden job loss through injury or disability (Kojola & Moen, 2016; Moen, 1996; Moen & Flood, 2013; Quick & Moen, 1998; Torres, 2014).

During retirement, women are slightly more likely to participate in volunteer work than men along with being more involved in caregiving for family members. Women are then more likely to experience role strain and burden by these roles. In contrast, men tend to enjoy a more leisurely retirement that allows for the development of their work roles into part-time work, interests, charity work, activities and volunteering (Kojola & Moen, 2016; Moen, 1996; Moen & Flood, 2013; Quick & Moen, 1998; Torres, 2014).

Aging also influences the retirement transition through its effect on biological and psychological functioning that may set limits on social roles, behavior and birth-cohort membership (Loos et al., 2017; Owen et al., 2021; Robotham, 2011; Torres, 2019a). Therefore, questions regarding the effect of early retirement on health and well-being

arose. Studies show that early retirement benefits health and well-being for both men and women although the process of planning for retirement can be stressful (Moen, 1996). Those with health problems find relief in no longer having to meet the demands of the work world (Moen, 1996; Torres, 2014). Moen's life course model for retirement and health (1996, Figure 1) will be described in greater detail below, organized according to all component parts that as an end influence an individual's health and well-being.

### **Historical Circumstances**

What a person experiences during their life course reflects the historical circumstances of a person's life as illustrated by Moen's model (1996, Figure 1). The key components of how the retirement transition evolves include: past experiences, employment/occupational history, personal history, work conditions, timing and choice of when to retire, and structural and situational exigencies. These components are present in all of the life stages, from childhood to old age, and form the retirement transition which guides and directs the dynamics of an individual's health and well-being (Moen, 1996).

### **Past Experiences**

These experiences, which primarily include occupational history, often lend themselves to shaping a pathway that may influence strategies and opportunities during retirement. For example, older well-educated men and women in professional jobs are more likely to continue working and be better off financially. Men and women in working class jobs and/or in disadvantaged situations may experience joblessness and insecurity, and be forced to retire later, if at all (Cook, 2015; Friedmann & Havinghurst, 1954; Karpen, 2017; Moen, 1996).



The influence of work life may also create situations that are more stressful for men and women. Depending on the demanding nature of their jobs, men and women may both leave the workforce earlier than anticipated with limited pensions, funds and disability (Moen, 1996; Pitt-Catsouphes, 2018). The men and women with low stress jobs, may retire and experience a stressful retirement transition as their work lives have not prepared them for leaving the workforce (Moen, 1996). Women are often in and out of the labor force due to shifting family responsibilities. Women are less likely to have the stability of the same type and years of work experiences as men. Leading single female head of household families left to struggle financially with lower retirement incomes than men (Moen, 1996; Torres, 2014).

Therefore, it appears that the retirement transition is no longer straightforward. It presents many complex situations, gender issues and occurrences that pose uncertainty and unpredictable expectations, resulting in an unforeseeable impact on health and well-being (Moen, 1996; Moen & Flood, 2013; Pitt-Catsouphes, 2018; Quick & Moen, 1998; Torres, 2014).

### **Retirement, Timing and Choice**

Moen (1996, Figure 1) describes retirement as both a subjective and objective life course transition that results in a modification of one's identity, expectations, preferences, meaning in life and available funds, thus impacting health and well-being. Choice, control and timing (Moen, 1996, Figure 1) are important components of this transition. However, the timing of retirement cannot be separated from choice and control over the decision of whether and when to retire. Planned or anticipated changes in retirement are more easily adapted to than unanticipated crisis events. The sudden nature of retirement can produce

feelings of anxiety, futility and despondency as choice and control, have been removed (Moen, 1996). With little choice and control lower levels of health and well-being may result.

Environment or places of belonging are also important in retirement and help to form the choices made in this transition (Torres, 2019b, 2020). Strong social and relationship ties with friends help to limit the social isolation and loneliness that may occur in retirement when family is gone or inaccessible. Third places (outside the home and work settings) provide the locations for the social and relationship ties and networks to occur. These places are usually close establishments to people's homes like bakeries, McDonald's, diners, or delicatessens (Torres, 2019b, 2020). They provide items low in cost with a physical design that is conducive to socializing and lack surveillance thus promoting emotional and physical comfort. Often, delegated senior centers provide socializing in a structured fashion and in dormitory-like structure, which lacks warmth and originality (Torres, 2019b, 2020). According to research, individuals planning for retirement were able to choose the activities, interest areas, type of volunteering, and amount and type of part-time work in which they would engage can enhance well-being and life satisfaction (Cook, 2015; Kojola & Moen, 2016; Moen, 1996).

Retirement used to be a universal norm that began with a structured, status labeled work life to no work life progression resulting in new expectations with a focus on leisure (Kojola & Moen, 2016; Moen, 1996). Moen's (1996, Figure 1) life course model for retirement has restructured the view of the retired person to an ever-changing experience that is influenced by personal, social and societal characteristics and variables.

This change in the view of retirement allows for a better understanding of the

ways people actually retire. It also allows for maximum autonomy in structuring one's days, social networks, and identities recognizing limitless freedom and personal meanings. However, a caveat may exist for some, in which lack of status and role in society may leave retirees at a loss for direction, purpose and meaning for their retirement life, likely resulting from life stage and course experiences that do not prepare them for this transition (Moen, 1996).

### **Structural and Situational Exigencies**

Structural and situational exigencies (Moen, 1996, Figure 1) are embedded in current social and organizational policy and practices that are part of societal norms. When a growing workforce develops without pension benefits and experiences downsizing and incentive packages, a radical change in the shape of retirement may occur, thus impacting health and well-being. In addition, marriage, family status and composition, divorce, widowhood, chronic illness, job loss, may result in challenges on retirement and health and well-being (Moen, 1996).

### **Post-retirement Behavior**

Post-retirement behavior (Moen, 1996, Figure 1) has been distinguished by involvement in life. Activities that involve developing new ways of being, having new ideas, discovering new ways to contribute to society, developing new concerns, beliefs, behaviors and commitments to life (generative activities) ((Erikson et al., 1986).

Therefore, older adults can make new narrative sense in their lives.

A number of studies reflect how post retirement lifestyles lead to health and well-being. These studies show that participation in meaningful activities, roles, clubs, organizations, volunteering and informal networks help develop a collective community,

which may mitigate the loss of work as a result of retirement. This type of involvement may also enhance meaning, sense of place and worth for those involved (Cook, 2015; Kojola & Moen, 2016; Moen, 1996).

Gender involvement in these types of activities shows how women are more willing to participate in volunteering than men. Women are more likely to be caregivers than men, placing additional physical and psychological burden on them during their retirement years. In addition, women were also shown to have relationships with closer ties than men. These types of relationships add additional daily stress and strain, which can limit health and well-being (Kojola & Moen, 2016; Moen, 1996; Moen & Flood, 2013; Quick & Moen, 1998; Torres, 2014, 2020).

### **Subjective Meanings and Cognitions**

Subjective meanings and cognitions (Moen, 1996, Figure 1) involve the development of a self-concept through life course experiences, past and present, choices and decisions made. This component also includes how one deals with potential social isolation and loneliness by building relationships in meaningful places (Torres, 2019b, 2020). One's competence, persistence and mastery help to emphasize how a happy, successful retirement comes about. Controlling one's destiny is an important part of retirement, and it impacts the experiences and activities individuals engage in during retirement, which in turn influence health and well-being (Cook, 2015; Moen, 1996).

### **Economic Well-being**

Economic well-being (Moen, 1996; Figure 1), reflects a powerful influence on post-retirement health and well-being. It is associated with status, adoption of healthy behaviors and being a recipient of optimal healthcare. "Educational achievement and

occupational prestige” (Moen, 1996, p. 139) have been associated with a positive influence on health and well-being (Karpen, 2017).

Lifestyle risks, like smoking, have been associated with working-class women slightly more than higher status women (Torres, 2014). It can be inferred that income adequacy is an important predictor of a successful retirement, but further research needs to be embarked on regarding this notion (Moen, 1996; Karpen, 2017).

### **Health and Well-being**

The final link in Moen’s model (1996, Figure 1) is health and well-being and the changes that may occur in that final link. Not everyone who retires is able to plan, choose, time their retirement and have adequate funding to live in the encore stage of adulthood with a healthy state of well-being.

At times when one leaves the workforce, they experience a loss of health insurance. No longer having medical care results in having to pay cash for medical care, go to urgent care clinics or emergency rooms for one-time services. There may also be a dynamic interplay between family and personal events that influence retirement and well-being. Often times situations like caregiving of an ill family member or children who divorce, grandchildren needing a place to live, death of a spouse, job loss or chronic illness arise and may put a strain on a family who has retired and has limited income/resources. These situations will limit their health and well-being and limit their ability to attain the encore stage of adulthood. Moen (2016) mentions that her model considers these situations and recognizes not everyone will be able to attain the encore stage of adulthood. There are many other opportunities and ways to have happy a successful retirement with limitations in social and financial resources that have been

explored and supported in the literature (Calasanti, 2008; Calasanti & Giles, 2017; Calasanti et al., 2021; Torres, 2014, 2019a, 2019b, 2020).

In summary, Moen's (1996) Life Course Model (Figure 1) links retirement and health and well-being, providing an excellent framework for this qualitative, content analysis study of SCT and SRM, a public media publication. The model is comprehensive and includes relevant concepts, characteristics and components that can be used to determine themes in the articles and columns of SRM, which describes a new unstructured, flexible type of retirement. This new way to retire incorporates how post work life influences involvement in chosen part-time work, activities, interests and volunteer endeavors, thus guiding its impact on health and well-being (Cook, 2015; Moen, 1996).

### III. REVIEW OF LITERATURE

Moen (1996) discusses the complexity of the relationship between work life (paid work, unpaid work, and no-work transition) and health and well-being as these two factors provide the basis for her life course model. The current study explored the connection among retirement, gender, engagement, connection, place, health and well-being. She emphasized the pathways, dynamics and consequences through which occupational career and retirement led to health and well-being (Moen, 1996, Figure 1).

Moen's studies (Kojola & Moen, 2016; Moen & Flood, 2013; Quick & Moen, 1998) show that the transition from the importance of one's work role within society and leaving the workforce may lead to stress and limitations on physical and psychological health and well-being. The stress that exists when one retires may be reflected and expressed by gendered differences, available funds, types of retirement activities and interests chosen along with the environment in which one retires. An occupational career that leads to part-time work, and activities that have meaning and allow for engagement guide one's health and well-being during the retirement transition (Kojola & Moen, 2016; Moen & Flood, 2013; Quick & Moen, 1998).

The themes guided this review of literature include retirement, gender, engagement, connection, health and well-being and place. Moen's (1996) model emphasized retirement, gender, health and well-being, and Torres (2019a, 2019b, 2020) qualitative research described important characteristics of aging as engagement, connection and place that influenced, limited and enhanced retirement in urban areas.

Torres (2019a, 2019b, 2020) research enhanced Moen's (1996) model with the characteristics of engagement, connection and place, particularly in one's community.

The “third” places experienced by Torres subjects provided areas of belonging for them. Torres’ work (2014) also explores women’s issues regarding income and housing that affect their retirement along with social isolation and loneliness, which dovetails into Moen’s model (1996, Figure 1) as subjective meanings and cognitions. There is, however, limited research, both qualitative and quantitative, on all of the links mentioned to retirement transition (paid work, unpaid work, and no work transition) and health and well-being. This content analysis, therefore, expanded research in this area.

### **Retirement and Gender**

The retirement transition can be both beneficial and detrimental to an individual’s health and well-being. Gender influences both voluntary and involuntary retirement transition, which in turn guides how past work roles, family roles, available funds, timing, and choice of retirement can all contribute to the changes and direct the result of a successful retirement life (Moen, 1996; Moen & Flood, 2013).

### **Encore Stage**

Kojola and Moen (2016), through a qualitative study, describe retirement transition as a movement from a pure leisure retirement without a work life to a more flexible retirement. This diverse pathway allows for those who retire to meld their past work lives into part-time work, eclectic retirement that has no straight-line trajectory. An individual can tailor their retirement using their occupational identities, finances, health and perceptions (interests, activities, volunteering, charity work) of retirement allowing for autonomy and control of their everyday retirement lives.

Moen and Flood (2013), using quantitative methods, expand on the previously mentioned qualitative study by discovering and describing a new “encore stage of paid or



unpaid engagement coming after career jobs, but before infirmities associated with old age” (p. 208) become apparent. In the encore stage, retirees move in and out of paid work, take extended vacations and then go back to part-time paid work or volunteering with no specific pattern. The goal of this stage, which fluctuates, is aimed at maintaining public engagement, and meaningful and purposeful connections (Moen & Flood, 2013). This encore stage describes the ebbs and flows of early elderhood. It is on the edge of the career and family building years, as those tasks have not been completed, and includes social connections that may also be present along with different sets of demands and responsibilities (Pitt-Catsouphes, 2018). It includes engaging and connecting in meaningful and satisfying roles and with new friends and supports. However, those that engage in the act of caregiving (child or infirm adult) reduce their chance of engaging in paid work and may experience more social isolation (Pitt-Catsouphes, 2018).

Gender differences begin to appear as one ages and moves toward retirement years. These differences involve when and why men and women leave the workforce. Men more slowly leave paid work than women because of work life satisfaction and retirement benefits. In addition, men often re-invent themselves as consultants in the same or a similar field and continue to work part-time often for companies, for which they worked. Whereas, women will retire earlier to take care of their family, often leaving low paying jobs with no retirement benefits.

An individuals’ physical health also influences when and why men and women retire. Torres (2014) (Torres & Cao, 2019) points out that women often experience low incomes due to a lifetime of unpaid work, inconsistent paid or low paid work, work-interrupting caregiving responsibilities and motherhood. Men and women in poor health,

often without college degrees, receiving Social Security Income (SSI) disability or SSI are least likely to become engaged and connected in public activities and charity work. The encore stage will remain less attainable for them and limit their ability to experience a meaningful retirement (Moen & Flood, 2013; Torres & Cao, 2019). Involvement in the community is important for retirees. It includes expanding their social resources, activities, interests and volunteer opportunities, but can be limited by poor health, not enough funds leading to social isolation and loneliness (Moen & Flood, 2013; Torres & Cao, 2019).

Karpen (2017) describes her own retirement story, which supports the encore stage (Moen & Flood, 2013). After Karpen (2017), a university professor, contemplates her concerns about how she would age in place as a single woman, meets a man later in life and marries. Early in her retirement, she began with volunteer work at a hospice that developed into continuing her writing career with her retirement experiences (part-time paid work). She also developed a research study with the hospice and expanded her relationships by joining book clubs. All the while she was involved in gender negotiation issues with her husband as they carve out their roles of “struggle and support” during the encore stage (Karpen, 2017, p. 106).

### **Life Satisfaction**

Quick and Moen (1998) in their quantitative study found some gender differences in retired men and women. Although the difference was small due to the changes in the focus of the labor force in the 1990s, men reported greater retirement satisfaction than women. Calasanti et al.'s (2021) quantitative study showed that life satisfaction in retirement differed by gender. The findings of their study showed men reported increased

life satisfaction after retirement, but women did not. Men reported greater post-retirement satisfaction regarding finances with higher financial satisfaction. While women primarily showed lower retirement satisfaction with their retirement funds (Calasanti et al., 2021).

For women, a good quality of retirement satisfaction involved having good health, a continuous pre-retirement career, an early retirement and a good post-retirement income (Quick & Moen, 1998). For men to have a satisfying retirement, it was important that they also had good health, enjoyable career work-life, good pre-retirement planning, and retiring for internally motivated reasons, like interest in doing other things that required a flexible time schedule (Quick & Moen, 1998).

### **Impact on Social Resources**

Wang and Matz-Costa (2019), using quantitative methods, explored gender differences, social resources, social status, retirement satisfaction and health of retirees. They found that retirement satisfaction and health meant more to women whereas men valued social reciprocity for their health and subjective social status for their retirement satisfaction.

### **Impact on Psychological Status**

Vo and colleagues' (2014) quantitative study that took place in Australia showed that full retirement and unemployment resulted in high levels of psychological distress for both men and women (aged 45-64) and for men (aged 65-74) years. At the age of 75-79 years, there was no difference in the psychological distress between the different work statuses and genders.

During retirement, mixed and varied experiences ebb and flow as one ages, for both men and women, involving finding a place to progress through this transition. It is

important to determine if the stated gender differences and retirement scenarios exist in the real world and are depicted in retirement community publications. Thus, connecting the reality of retirement transition with scholarly papers and public media is an important endeavor.

### **Engagement, Place and Gender**

Torres (2020), through her qualitative ethnographic research, describes the themes of aging in place, finding a place for elders to age, and connecting for social interactions in their communities. A place can be developed to provide a location for interaction and engagement in meaningful conversations, while people remain independent, thus limiting isolation and loneliness. Torres (2020) also describes the notion of gentrification of older areas influencing neighborhood change, aging in place and engagement and how the aging population adapts to these changes.

#### ***Place***

Establishments that provide aging in place environments typically have four features: proximity, cost, design and low surveillance that facilitated social engagement and human connections. Torres (2020) identifies these “places” as third places (bookstores, coffee shops, post offices, restaurants) because they are outside of the home.

The importance of place is emphasized as being significant to understand how communities and social networks form. People who gather in these third places develop and ascribe great meaning to their place. The people who visit tend to lead others to emotional attachments as they learn about each other and grow with each other (Torres, 2020). These special places seem to provide an environment, in which people develop history, create an interactional past in that location that houses a reserve of memories.

There is meaning and emotional attachment to these places, which may lead to “caring for or helping the people who inhabit these places” (Torres, 2020, p. 3). The loss of places may result in a grief reaction and force a relocation effort for those people involved. In addition, the spaces provide a comfortable physical environment to carry on their daily work. The development of third spaces seems to be valuable to older people as their families and friendship networks become smaller. These daily social interactions between strangers and “non-intimates” become an important part of an elder’s daily life.

It is important for communities to recognize the value of such preserved spaces and to facilitate support and interaction for those who attend the third space gatherings (Torres, 2020).

### **Engagement and Connection**

Torres (2019a, 2019b) continues to develop the theme of social engagement and connection, to buffer loneliness, by describing elastic ties “that allow elders to connect and secure informal support while maintaining distance and preserving their autonomy” (Torres, 2019b, p. 235). The elastic ties that develop in the communities are described as “non-strong, non-weak relations between people who spend hours each day sharing intimate details of their lives” with those whom they do not consider friends (Torres, 2019b, p. 235). However, they provide each other with the support seen in strong-tie relationships. Often those, who lived alone, without close kin, attended the suburban settings, thus resisting the formality of organizations such as churches, or senior centers, allowing for more informal places that are a less structured public venue that allows for gossip.

Gossip, which is often viewed negatively, was found by Torres (2019a) to bind

those who participate in the local eateries. Torres (2019b) describes how people openly discussed others' physical and cognitive problems. These talks also included people talking about their own decline, life stories and making predictions about future pathways or direction (Greenfield, 2016) for themselves and the group.

Greenfield (2016) found that the Naturally Occurring Retirement Community Supportive Service (NORC) program that emphasized neighbors helping neighbors provided a way for information sharing, relationship building and helping elders to expand their private social networks. However, without other sources of support through the healthcare network, the NORC program was unable to help people overcome major challenges to aging in place.

### **Health and Well-being**

Moen (1996) focuses on how retirement influences health and well-being (mental and physical) by looking at gender differences and the characteristics, nature, experience and implications of retirement. Robotham (2011) from the United Kingdom also mentions that baby boomer retirement and mental health, including dementia care, are influenced by wealth, dealing with age discrimination, relationships, physical health and participation in meaningful activity. In support of Moen's Model (1996), Torres (2019a, 2019b) addresses the challenges of those who retire in urban areas such as issues with accessibility to shopping and health care services. The third spaces described by Torres (2019a, 2019b) are potential places that may lead to increasing elders' access to support and health care services along with caseworker assistance.

Robotham's (2011) and Torres' (2019a, 2019b) articles both depict characteristics that are shown in Moen's life course model (Moen, 1996, Figure 1) They include

financial status, relationships, social resources, physical, mental health, a place for belonging and developing and participating in meaningful activities. These articles describe and discuss how these characteristics can positively and negatively influence health and well-being. Inequalities expressed by Robotham (2011) and Torres (2019a, 2019b) address how baby boomers who retire with more funds are able to participate in meaningful activities and can become advocates of new policy initiatives. These policy initiatives should be aimed at changing the inequalities that exist for those who are less affluent, and thus it may not be necessary for them to work in unrewarding jobs as they pursue the retirement transition (Robotham, 2011; Torres, 2019a, 2019b).

The following section describes studies (qualitative and quantitative) that influence health and well-being by focusing on social resources, activities and volunteering. These concepts are depicted in Moen's (1996, Figure 1) life course model in the sections labeled post-retirement behavior, subjective meanings and cognitions and economic well-being. These studies describe and discuss interventions that retirees can engage into positively influence their health and well-being in those areas.

### **Social Resources**

Networking and social connectedness have become an important part of elders' well-being. Both have been influenced by societal changes and affect elders in different ways. As one ages, it is ever more important to prevent social isolation and loneliness through meaningful connections (Ang, 2019).

The results of Ang's (2019) qualitative study suggest that social isolation occurs as one ages and may lead to a decline in social participation. Han et al. (2019) discuss the importance of social interactions with friends, to limit depressive symptoms for couples,

thus, enhancing the quality of the marital relationship and individuals' well-being. James et al. (2011) describe how social activities (visiting friends, going to eateries and sports activities, attending church, participating in a day or night trips or volunteering) decreased incident disability for elders, with and without dementia, and improved performance of activities of daily living.

### *Activities*

It has been shown that activities encourage social interaction, networking and the development of meaningful relationships. Biggar (2021) describes a post-retirement program called Sheds that encourages men to socialize in ways that are comfortable for them to connect with other older men. Sheds provides places that offer safe havens for men to discuss their feelings and promote well-being as they engage in building community and rehabilitation projects. The long-term results of the Sheds program demonstrate how lasting, meaningful relationships can develop between and among older men over common interests (Biggar, 2021).

In their quantitative study, Owen et al. (2021) describe how activities that are purposeful and meaningful, facilitate resilience and will support and improve physical and psychological well-being for those over age 80. The authors also found that activities that develop functional roles or encourage acquiring a new skill enhance social involvement and limited physical disability for this age group. Those who participate in these types of activities are able to overcome the barriers of age-related loss of independence and relationships, while experiencing less physical, social and cognitive impairments.

Murphy (2021) engaged in qualitative research that involved an activity



involving a structured interview following a storytelling project. The thrust of the study was to support aging well as a priority. Storytelling is a framework that can provide elders with a way to help “people make sense of themselves, their lives and bridge connections with others” (Murphy, 2021, p. 1). It also provides the benefits of reflecting and sharing one’s story to foster meaningful connections and leave legacy and meaning for future generations.

Storytelling, Sheds, and functional role development or acquiring new skills are all shown, through these studies to facilitate connection, engagement for all involved. An enhancement of health and well-being can thus be described and measured (Biggar, 2021; Murphy, 2021)

**Place.** Place is an important concept in Moinolmolki and Broughton (2020) qualitative study. The setting for the study is a HUD subsidized residential apartment complex and utilizes young people to bridge the generational gap by participating in service-learning projects. The results of the study showed that residents felt they were listened to and not ignored. The results also facilitated an understanding between generations, acknowledging the wisdom and experience of living life, and hopefulness for the future. Therefore, this type of learning environment shows a way that leads to making a positive change in one’s health and well-being. Torres (2019a, 2019b, 2020) has also shown through her qualitative work on third places that new social connections, engagement and networks can mitigate loneliness and social isolation as one ages.

**Technology.** Technology can be an important activity for elders to become involved in to prevent social exclusion and isolation. Miller et al. (2021) utilized a qualitative meta-analysis to determine three themes of older adults’ experiences of

engaging with technology. They are: 1) desire for empowerment; 2) connection; and 3) aging well, showing that elders can attain a sense of well-being by pursuing the use of technology more often in their lives.

Rosenberg et al.'s (2016) quantitative study on older adults showed that sedentary time was for the most part related to poorer physical function. However, some sedentary activities like reading and computer time could be meaningful and have a positive impact on cognitive and physical function. In addition, fostering these meaningful activities would also enhance well-being.

**Volunteering.** Volunteering has been shown to play a significant role in people's lives as they transition from work to retirement. It provides a structured (time/discipline) way to make meaningful connections and contributions to society, while working through the loss of paid work. Filges et al. (2020) performed an international systematic review of volunteering over a 30-year time period on the physical and mental health of elders. The outcome measured was mortality, and all reported results reflected that volunteering extended one's life.

### **Research Gap**

Retirement is a challenging time for most who begin on this journey. It encompasses many pathways, twisting and turning in a positive and sometimes negative direction to get through the transition from a working career life to a non-paid working, leisure life. As mentioned previously, there are some qualitative and quantitative studies on the retirement transition, but the literature lacks studies on retirement communities and how the characteristics of retirement transition, gender, work roles/employment, engagement, connection, and place are depicted in their public media (Calasanti et al.,

2021; Cook, 2015; Friedmann & Havinghurst, 1954; Karpen, 2017; Kojola & Moen, 2016; Moen, 1996; Moen & Flood, 2013; Pitt-Catsoupes, 2018; Robotham, 2011; Torres, 2020; Wang & Matz-Costa, 2019). This body of literature is largely unknown.

A monthly publication for the SCT retirement community, Sun Rays Magazine (SRM), provided the written documents for the content analysis of this 25-year-old retirement community. The only study found on retirement communities was by Law (1995), and it happens to address all of the Sun City Retirement communities. However, the study was found in the geographical studies literature and addresses the physical landscape of the communities. It does not address the characteristics mentioned in the previous paragraph and is therefore not applicable to this study.

This study examined one retirement community's unique activities, programs, events and offerings developed over 25 years through a content analysis of the SRM so that the ways to engage and connect with others during retirement could be revised and adapted to other community living places.

#### IV. METHODOLOGY

To conduct this research, I utilized a qualitative research method called a content analysis. “It is a method used to classify written or oral materials into identified categories of similar meanings (themes). The categories represent either explicit or inferred communication” (Cho & Lee, 2014, p. 3). Content analysis aims to “systematically describe meaning” of written words according to research questions (Cho & Lee, 2014, p. 3). A process called coding is used to determine themes, which may include actions and meanings. This process is similar to how a grounded theorist codes their data, but the focus of content analysis is on finding relationships among categories not building theory (Charmaz, 2012). Instead, it centers on extracting categories from data and determines what, why and how they are organized into similar content (Cho & Lee, 2014). Sun Rays Magazine (SRM), a monthly publication of the Sun City Texas Retirement Community Association, provided the written content. It is a way to hold identity in confidence to analyze written information as study data. At the time of this writing, there is no direct contact between the researcher and the residents of the retirement community, whom the articles in the magazine are written about.

The goals of content analysis include describing patterns, historical insights/contexts and trends over time for the residents. In addition, emotional states are inferred while drawing conclusions and generalizations for the target audience as the focus of the articles/columns unfolds for the intended magazines audience (Columbia Public Health, 2021; Esterberg, 2002; Luo, 2021; Maier, 2017; Stemler, 2001). SRM also may have a significant marketing focus that should be taken into consideration during the analysis while keeping in mind community association rules and regulations and views

from the board members.

However, since SCT has been in existence for 25 years and the magazine has been published for 8 years, SRM may represent one portrayal of this community. SRM magazine provides a very important part of the neighborhood portrait, but it is geared toward those members of the community who are able to and interested in high-energy and high-competence level activities. Additional activities and resources are described and discussed in the findings and discussion sections.

The magazine also includes follow-up articles of clubs and groups published over time to show their progress. This study explored the depiction of gender, past work roles/employment, activities, volunteering, health and well-being, social isolation, loneliness, place and retirement transition in SRM.

### **Setting**

Sun City Texas (SCT), a home retirement community, was first developed in 1994. In 1996, the first residents moved into their homes. It is an age 55 and over community, and one person in the household must be at least 55 years of age. For the new homes as of 2020, one member of the household may be 50 years of age. The community has about 15,000 residents (Sun City Texas Community Association, n.d.-a). It consists primarily of single-family homes with a few duplexes. The community has two large activity centers, attendees usually go to the one in the section of the community they live in but are able to attend activities at any of the centers. The activity centers have a variety of amenities, large meeting rooms, ball room, library, library, pool, and a concierge, usually a paid SCT resident position at each location to provide information about the community by phone and in person (Sun City Texas Community Association,

2021).

The community also has three public golf courses, multiple eateries, tennis courts, arts and crafts area, nature area, a lake for fishing, aerobic and dance studios, woodworking building, computer lab, and art and ceramics, stained glass studios. It also offers a wide array of clubs for residents to join with many interest areas represented. SCT is a golf cart community, which means that residents can use golf carts as a primary mode of transportation (Sun City Texas Community Association, n.d.-a).

Recently, a change has been made in the age for purchase of new homes: now only those who are 50 years of age can purchase new homes. This change has added a new dimension to SCT in which there is now a larger full-time working group living there. In addition, there are also a number of healthy 100-year-old residents. The full aging spectrum is represented in this retirement community.

Property owners are members of the Sun City Texas Community Association, which is governed by a Board of Directors (BOD), comprising three members delegated by the Developer (one vote each) and four resident members (half a vote each) elected by residents of the community. Residents pay yearly dues to the SCTCA for the amenities. The BOD has formed 13 committees that assist and advise the governance of SCT. The purpose of the Board-Chartered Committees is to share and distribute the Board's workload to groups of those residents who apply and subsequently are interviewed and recommended by the Nominating Committee (Sun City Texas Community Association, n.d.-a).

SRM contains feature articles, columns, health and wellness information, community association news, advertisements, photos, activities, club meetings and

social events that are held in the SCT and the Georgetown community (Sun City Texas Community Association, 2021). It is published by the Sun City Community Association Communications Department. Most of the issues of the magazine can be found on their website (<https://sctexas.org-sunraysmagazine>).

### **Sampling**

The study used a purposive sampling method, a form of non-probability sampling.

Table 1 below depicts the sample of the 42 SRM issues coded for the study.

**Table 1**

*Sun Rays Magazine Issues Coded*

Years	Number of Issues
2016	12
2017	3
2019	12
2020	3
2021	12
Total	42

*Note.* The original number of issues for the study was 30 (2016, 2017, 2020, 2021). The 30 issues did not yield enough coded data, so 12 issues from 2019 were added, totaling 42 issues for coding.

This time period provided an excellent opportunity to see how the magazine historically developed and the different events developed over time in the community. It also allowed for the identification of the themes in SRM that were depicted and for comparing concepts and themes that emerged in the scholarly papers on retirement transition. It was originally planned to review the first two years of the magazine (2013-2014). However, these issues were no longer available online and could only be accessed

by a SCT resident in the Magazine editor's office. The first year available online was 2016 and it was the first year reviewed.

The tables of contents of each magazine were used to select all the feature articles and selected columns as they applied to the research questions. Not all of the columns were about residents and some only offered educational information, schedules of events or advertisements. Therefore, those were not included in the analysis. Quotes, ideas, interests and information were the basis of the content analysis, and coding and themes were derived from them. Individual coding sheets were developed for each of the four research questions. Each sheet had a code and a theme section under the question. These data are shown in Appendices (A-D). Not all of the columns were about residents with some only offering educational information, schedules of events or advertisements. Therefore, those were excluded in the analysis. Quotes, ideas, interests and information were the basis of the content analysis, and coding and themes were therefore derived from them. Individual coding sheets were developed for each of the four research questions. Each sheet had a code and a theme section under the question. These data are shown in Appendices (A-D).

Themes were determined from the coded information on the basis of the literature review. The concepts expressed by various authors (Moen, 1996; Moen and Flood, 2013; Moen and Quick, 1998; Pitt-Catsouphes, 2018; Torres, 2014, 2019a, 2019b) were used to help guide the content analysis as the articles and columns were read and information and quotes were extrapolated. Additional themes were added as they appeared in the analysis when considered relevant to retirement transition. Historical insights were also reviewed, noted and described during the article reviews as



themes emerged as well. The research questions helped organize how the themes were discussed (retirement, gender, engagement, connection, place, health and well-being). This study helped increase the understanding of how the residents of a retirement community are portrayed in their monthly public media. The places in which residents experience belonging are addressed along with the activities in which they actively engage and connect with others through the messages communicated in Sun Rays Magazine (SRM).

### **Research Questions**

The proposed study addressed the following research questions and included historical insights and differences between the SRM issue years (2016, 2017, 2019, 2020 and 2021). These issues were chosen to identify types and trends of content written about over the years.

1. How were men and women portrayed in the SRM?
2. How were past work roles/employment depicted for men and women in SRM?
3. How were activities (social, non-paid work), health and well-being, and volunteering represented for men and women in SRM?
4. How were social isolation, loneliness and place (environment) expressed in SRM?

This content analysis of SRM should lend a useful account of the social life, interests, characteristics of SCT residents and their retirement experiences. It may also help determine if SCT provides a sense of place and of membership in a valued collective

group that lends itself to development of feelings of personal meaning and self-worth  
(Moen, 1996).

## V. FINDINGS

Retirement transition is an important life course event. How an individual plans, approaches, and engages in this dynamic event impacts their success and health and well-being. It is a dynamic event that leads to new social interactions that become a part of an individual's unique physical and developmental make-up. It incorporates a person's history, past experiences, and choice and timing of retirement with factors from the environment and available funds influencing their transition.

Sun City Texas (SCT) and its Sun Rays Magazine (SRM) gave us a glimpse of the opportunities offered and the experiences afforded to the residents of one retirement community as they made their transition into and through this life course event. The four research questions are addressed below with a focus on the themes, data and significant quotes that relate to the existing literature. The purpose of addressing these research questions through a content analysis was to help the reader understand the retirement transition of residents in one community.

### **Portrayal of Men and Women**

The first research question asked how men and women were portrayed in SRM. Gender was often portrayed in the traditional sense through the person's life story, interests or life work as reflected in the article or column. However, there were a few women that pursued non-traditional work lives and interests (Appendix A).

### **Traditional Men and Women**

Beyond the Brick was a monthly column on veterans' service that began in 2017. It reflected stories that were represented by bricks placed at the Williamson County Veterans Memorial Plaza located at Sun City Texas. The bricks were purchased

and placed at the memorial to remember the men and women veterans, battalions, units, squadrons and ships that served in the armed forces. The stories described how military life differed for women and men or gender stereotyped during the time they served in the military (WWI-Desert Storm).

The women were not permitted to serve on the frontlines, or on ships. Their primary assignments were training others (a nurturing job), maintaining equipment (taking care), acting as nurses (pre-enlistment training) or dental assistants (taking care of others). Women's uniforms consisted of skirts with stockings and heels, whereas the men wore pants, carried heavy equipment and guns on their backs and wore boots. Women veterans expressed significant pride in serving in the military. They stated that "we are what we do", "we contribute a significant amount of knowledge and experience to the armed forces, and we are better for it" (Sun City Texas Community Association, Sun Rays Magazine November, 2016, p. 39).

Men's jobs in the military were on the frontlines (infantry, machine gunners, ships, bombers, paratroopers), in positions of bravery and risking their lives. Men usually came from military families (grandfathers, fathers, sons, brothers) that had participated in all of the wars (WWI, WWII, Pearl Harbor, Korea, Desert Storm, Desert Shield) The men often received distinguished medals of honor like the Purple Heart, National Service medals, and Victory medals and were plank ship owners.

Data (Appendix A) showed a SCT resident as a young Air Force cadet flying solo on his 20th birthday receiving the traditional swimming initiation from the other cadets as his father and grandfather before him did. In personal reflection, this experience "directed him on how to become a worthwhile individual" (Sun City

Community Association, Sun Rays Magazine, July 2016, p. 30).

A traditional couple, who both lost their spouses, described a re-coupling journey. They found themselves to be lonely and missing their friends. They met each other, began dating and developed a companionship. Over time, “with patience, honesty and understanding, they felt that their hearts could love another again” (Sun City Community Association, Sun Rays Magazine, June 2019, p. 77).

The men and women, who were involved in gender traditional activities, were described in SRM articles as being happy and engaged. The women were making delicate gowns for neonatal intensive care unit babies, making cards using calligraphy filled with kindness and love, which are recognized as feminine characteristics. The men were physically active watching, designing wood artisan work, herding cattle in career roles supported by existing literature (Moen, 1996; Moen & Flood, 2013).

The couple, who journeyed in their retirement transition began their relocation from California, due to an increasing cost of living and high taxes, one couple chose to move to the Austin area where their daughter lived. They struggled with where to move. Should they move to a townhouse close to their daughter by the water, close to restaurants? However, they noticed the “hip 30 something doctors and lawyers” in the spring of their lives inhabited that part of Austin (Sun City Community Association, Sun Rays Magazine, August 2016, p. 58). When they realized they were in the Autumn of their life, they decided to revisit SCT, where they now saw deer, golf courses and hiking trails. They decided that is where autumn was for them, bought a home and are now “watching the seasons change from their patio” (Sun City Community association, Sun Rays Magazine, August 2016, p. 58). They felt their autumn life had begun.

Two SCT traditional gender clubs were Daughters and Sons of the American Revolution both supporting American patriotism. These clubs began in the late 2000s and were developed to educate the community on the American Revolution. All of the members have lineage traceable to the American Revolution military.

Another gender traditional club, the Sun City Angel Wings, is a women's group that makes delicate gowns for newborns “tiniest angels” when they come out of the hospital from the neonatal intensive care units (Sun City Community Association, Sun Rays Magazine, January 2020, p. 54). The women in this group were described as possessing warmth, tenderness toward others, creativity and femininity, all of which were typically considered traditional female characteristics, according to the literature (Loos et al., 2017; Moen & Flood, 2013; Wharton, 2012).

Two women who were longtime friends, one a SCT resident and the other a well-known local watercolor artist, created an artistic painting for the new Sheraton Hotel Conference Center, Georgetown, Texas. It was a work developed through friendship and collaboration. The theme of the painting was agriculture, sheep grazing the fault between east and west Texas.

### **Non-traditional Men and Women**

Perhaps countering gender stereotypes, there were two groups of women and one couple mentioned in SRM: 1) an all-women's volunteer investment club; and 2) women who had a prior career “behind the badge” (police officers) (Sun City Community Association, Sun Rays Magazine, May 2020, p. 44) and 3) a woman in a traditional relationship who embarked on a non-traditional female role of a pilot (hybrid couple). Both groups of women were successful in that one increased the income in their

retirement funds and the other succeeded in a traditionally male career field. The hybrid couple were both airplane pilots (Sun City Community Association, Sun Rays Magazine, August, 2019).

High Hopes Investment Club was a group of women who managed a partnership that invested in stocks. The club also provided education on other financial interests, provided information on the benefits of investing and on basic financial principles. Finance used to be an area in which men were thought to excel. Women are often characterized as caretakers and nurturers. These women transcended this stereotype and moved into a more mathematical and technological area of expertise traditionally aligned with the male mind. They expanded their financial portfolio, increased their retirement funds and social class. This investment club also allowed these women to cross the gender barrier, as identified in the literature (Loos et al., 2017; Moen, 1996; Moen & Flood, 2013; Wharton, 2012).

The women who worked “behind the badge” were another group of women that could be characterized as brave and fearless (non-stereotypical female characteristics) and became police officers as their preretirement careers. Their motto was “head down and do a good job, do not complain”, “can’t cry, or run” (Sun City Community Association, Sun Rays Magazine, May 2020, p. 46). They “internalized anger and humiliation”, “made snarky responses” to “embarrass perpetrators” and “endured embarrassment” to be successful in law enforcement (Sun City Community Association, Sun Rays Magazine, May 2020, p. 45). Again, they were women, who overcame gender stereotypes successfully and showed they could compete toe to toe with men in the same occupation.

In the traditional couple that flew airplanes, the woman had the opportunity to become a pilot, which is a non-traditional female role that allowed her to “learn to explore new horizons”(Sun City Community Association, Sun Rays Magazine, August, 2019, p. 34). In this role, she was able to provide support for her husband in an emergency. While learning to fly, she said it gave her “great feeling of confidence, exhilaration and control” (Sun City Community Association, Sun Rays Magazine, August, 2019, p. 34). This couple’s relationship moves along the continuum of a hybrid type since she was her husband’s copilot, which is traditional in nature. According to studies, there had been few women pilots (Loos et al., 2017; Moen & Flood, 2013; Soubati et al., 2017; Wharton, 2012).

### **Depictions of Past Work and Employment**

The second research question focused on how past work roles/employment were depicted in SRM (Appendix B). The interest areas in the articles included art, theater director, textile artist, mission trips, accountant, building and flying helicopters, dog trainer, composer, creative writer, medical missions, dog training, nurses’ volunteering at clinics, quilters, screen plays, ballet teacher, and airplane builders. The following were examples of how careers dovetailed into part-time work, non-paid work, volunteering, or charity work. They showed that different careers could unfold into various interest and be pursued into retirement.

One SCT resident showed how her life story and career involved a traditional gender based female role “sitting pretty”, which included being a talented college singer leading her to be noticed and selected as a participant in the Miss Georgia pageant (Sun City Community Association, Sun Rays Magazine, February 2016, p.



32). After graduation she went on to teach theater/arts at a Community College (career). At the time of her retirement transition, she and her husband moved to SCT where she became involved in the Theater/Arts Club. She directed several plays and judged a Miss Georgetown pageant. She was a non-paid volunteer in her retirement life and stated that she “has had a lot of luck in her life, a wonderful family and good health” (Sun City Community Association, Sun Rays Magazine, February 2016, p. 36).

Another SCT resident revealed his career as an orthopedic surgeon led to the development of a volunteer mission group called Operation Rainbow. This group went on international medical missions, performing surgeries on children and young adults with deformities and providing surgical aftercare. The group, made up of ten medical teams, used their career skills in the form of charity work to heal those who were less fortunate. Annual fundraising took place with some of the team members contributing. The surgeon, a SCT resident, came from a family of “healing hands” that provided free medical care to Native American Indians on their reservations (Sun City Community Association, Sun Rays Magazine, June, 2016, p. 33).

One article portrays an artist, who came from a creative family, (mother-poet, father-culinary artist) developed her life’s work as an art education teacher. After moving to SCT, she became a textile artist, which allowed her to find “freedom, peace and wisdom” in her creativity. She now finds “herself more engaged than ever in her creativity without the distraction” of having to earn money to pay for living expenses (Sun City Community Association, Sun Rays Magazine, May 2019, p. 51). The literature supports the connection among past work roles, retirement transition, and satisfaction

and well-being in retirement (Filges et al., 2020; Moen, 1996; Moen & Flood, 2013; Owen et al., 2021).

One article portrays an accountant, who had always helped people gain financial control of their lives during his work life. He continued to do taxes while living in retirement as part-time charitable work for the disabled, those with low income, older adults and those who do not speak English. He also received the President of the United States Volunteer Service Award for doing taxes for disaster victims. In a poignant quote, he states, “I am not planning to slow down, taxes are stressful for everyone, I hope to make it easier” (Sun City Community Association, Sun Rays Magazine, April 2019, p. 55). By using his past work role during retirement, he was able to continue to provide volunteer financial support to those in need. Continuous participation in one’s career as a paid part-time or non-paid volunteer, and in charitable capacity during retirement was documented in the literature as part of the encore adult stage (Filges et al., 2020; Moen, 1996; Moen & Flood, 2013; Owen et al., 2021).

The Beyond the Brick columns highlighted the importance of military life in Williamson County, Texas, for men and women. It also showed how military life/careers dovetailed to civilian life. Data (Appendix B) showed how a SCT resident was influenced by his father who flew planes in the Army (WWII). After the war his father developed an airline cargo business, which sparked his son’s interest in developing an airplane building hobby. While living in SCT, he overcame a medical illness, developed resilience and hand built a helicopter and flew it. He was so happy to attain that personal goal and improve his health and well-being.

Another article reveals a SCT resident, who had a long career in advertising and

marketing, retired to SCT. He continued his love of writing newsletters for the Bocce Club teams. He wrote the newsletters using his creative writing style reflecting opportunities and new member information. The newsletter provided an outlet for his “creative juices to flow, his tongue and cheek humor to be expressed, and to bring joy to everyone in the club” (Sun City Community Association, Sun Rays Magazine, February, p. 73). Using his career talents by developing this newsletter, he was able to develop positive well-being and provide the spirit of giving to the SCT community and the Bocce Club.

Another article on a SCT resident describes his childhood love of the water, swimming, fishing and enjoyment of the ocean. When he grew up, he went to college and received his PhD in Oceanography. Upon retirement, he became a Gold Medal award winning author (part-time work) by writing a book that combined the marines experience of combat in the ebb and flow of the ocean’s waves. He also enjoyed going to writing conferences yearly as he described them “as a place to meet like minds” and share and create his writing at the conferences (Sun City Community Association, Sun Rays Magazine, December 2020, p. 26). These experiences reflect the use of career knowledge from his prior career for writing a book. He was still attending conferences on career topics and continuing to write as part-time paid work during retirement, demonstrating another example of the encore stage of adulthood (Moen, 1996, 2016; Pitt-Catsoupes, 2018).

An 88-year-old SCT resident’s article portrayed that she had had a natural ability to train dogs since childhood. She recently recovered from an illness and continues to train her dog, Fancy Lady, with International Agility trainer Gerry Brown.

She had had a” lifelong interest and talent for training dogs” and finds that “agility allows for human- dog relationship and gets both butts off the couch, using the dogs’ natural instincts” (Sun City Community Association, Sun Rays Magazine, November 2016, p. 64).

An active and enjoyable group are the SCT Nurses Group. The article on this group expressed their enjoyment and well-being of “reliving the good ole days of working in the hospital, in starched white uniforms, wearing white caps, and white shoes and sharing those unmentionable stories” (Sun City Community Association, Sun Rays Magazine, February 2020, p. 80). This group socializes, engages, connects and networks with each other, share caregiving experiences, stories and learns and shares new universal information. However, they are clear about how they “are not a paid employment organization” and have “hung up their stethoscopes and are content with their memories” and enjoy the retirement life at SCT (Sun City Community Association, Sun Rays Magazine, February 2020, p. 81).

Quilting was threaded through the life of another resident’s article in SRM. She was born into an artistic, creative family and developed a career as a quilter. Her mother, grandmother, great grandmother were also quilters. After moving to SCT, she joined the Fabric and Fiber Club. With this club, she began doing commemorative quilted pieces of US disasters. The first disaster quilt she created was for the 9/11 disaster. The pieces were sold and donated to charitable organizations. Again, this resident showed how her career work life is interwoven into retirement life through part-time work, charitable, community work and involvement, and this type of retirement life is mentioned in the literature (Moen, 1996; Moen & Flood, 2013; Owen et al., 2021; Pitt-Catsouphes, 2018).

Another article in SRM followed a woman's career, writing theater reviews for a local paper. She moved to STC after her family left the nest. Stating she was not in "retirement mode", she continued to write screen plays for SCT productions as part-time work (Sun City Community Association, Sun Rays Magazine, April 2020, p. 45). She described herself as "looking young, looking ahead, following her passion, and gathering inspiration, from SCT", SCT provided a place for her to connect and engage with others interested in the theater arts, creating meaningful life experiences together for the group (Sun City Community Association, Sun Rays Magazine, April 2020, p. 46).

Dancing was an important part of one SCT resident's life as portrayed in the article about her. As a young woman, ballet was her passion. She joined a number of ballet companies, but soon she realized that she would not become a principal dancer. Opening a ballet dance studio and teaching ballet became her work life. The article about her reflected her love of ballet. Moving to SCT afforded her the opportunity to open a ballet studio and teach SCT residents, who were not able to participate in higher impact exercise. These classes helped the SCT residents find a new way to strengthen their bodies, develop fitness, while ballet dancing.

One resident received a PhD in Music and in his work, life was teaching music composition at a university. Moving to SCT, he continued volunteer composition services for the Williamson County Orchestra. In addition, he offered the same services to SCT for their music productions as part-time paid work. Again, in this case, the work life threaded through into retirement part-time paid work and volunteer community service.

## **Depictions of Activities, Health and Well-being, and Volunteering**

The third research question explored how activities (social, non-paid work), health and well-being and volunteering were represented for men and women in SRM. The findings for this research question were divided into three sections: activities, health and well-being, and volunteering with further details in Appendix C.

Activities, health and well-being, and volunteering were threaded through all of the issues of the SRM in the years reviewed. Lending to the premise of Moen's life course model (1996) and other authors (Kojola & Moen, 2016; Moen & Flood, 2013; Owen et al., 2021; Pitt-Catsouphes, 2018) notions that previous work life was reflected in the choices made by residents during retirement in SCT and depicted in SRM. This notion was introduced in research question two (Appendix B), but threads through research question three. The data for research question three (Appendix C) was analyzed separately from research question two, but work life does seem to influence the activities, health and well-being and volunteer interests of SCT residents portrayed in SRM.

### **Activities**

The content of the magazines covering the activities and clubs for both men and women were abundant in SRM, and the topics were wide and varied. Music, theater and acting were very popular along with singing and dancing. All of these activities provided social situations in which relationships could be built, in special places where belonging, engagement and connection did occur safely.

Actor Theater Arts Guild Club was active at SCT. Data (Appendix C) from this club revealed that its members had musical or theater/arts backgrounds that dated back

to their teen/college years, some played or acted professionally and won awards. Novices were also welcomed to begin their involvement in productions and performances. They also learned about music, singing, and acting from seasoned theater arts residents. Other SCT residents chose to travel and attend theater events such as operas or plays that are offered in Georgetown, Austin and in surrounding cities like Houston or Dallas.

**Music.** The Music and Singers clubs offered opportunities to play and sing genre music like oldies, country, country-swamp and rock and roll. There was also a Troubadours Club. Those who enjoy Karaoke, could join the Karaoke club. Those interested were welcome to come to sing, dance, listen and have fun. It met at the local White Wing Cafe. Novices were welcome at the clubs.

Music was a powerful tool for keeping the brain healthy and to help us age in a healthy manner. It was an important tool for learning complex language and emotional development. Mood was often communicated through music, and it also protects our memories. New neurons and connections were made in our brains with music, and it also makes our memory more resilient. Special music was associated with special events in our lives so when we close our eyes, music may provide us with a certain feeling (Aging in Stride, 2016a). Therefore, the music and singing clubs were valuable ways for SCT residents to engage and connect in multiple venues to develop many different memories and experiences.

The content of the magazines analyzed in this study showed that there are many additional clubs at SCT that provide additional activities, interests and local venues to engage, connect and build meaningful relationships. They included: Woodwork/Carving

Club, which has its own woodwork shop; Couples golf club, a Performance car club, Current Events club, Opposite Political party Spouses club, New Activity Live club, State Clubs, Culture clubs (German) to name a few. There were also softball fields, pickleball courts, bocce ball areas, tennis courts, and three golf courses. There were activities, clubs and groups of all interest areas for everyone at SCT.

**Dance.** Dancing was also a popular activity and there are a variety of SCT dance clubs: Square dance club (dressing up in costume), Ballroom dance club and A Cerebral Dance Group. The A Cerebral Dance Group provided aerobic dance exercise along with maintaining a dance routine that helped maintain cognitive function and reinforced the building of neurons, new memories. Cerebral dance also allows for the brain to control all motor parts of the brain and development of coordination, so it reinforced the movement of playing ping pong and pickleball.

The SC Georgettes articles revealed a group of fun loving SCT ladies that like to “dance to upbeat music using drill maneuver routines in costumes performing for audiences” (Sun City Community Association, Sun Rays Magazine, March, 2016, p. 36). They are a precision dance group whose energetic production uses choreography and fun upbeat music tailored to the venue. The group has been invited by the University of Texas Athletics to perform at a few halftime events. Energy and enthusiasm abound for these SCT ladies, while they connected and engaged among themselves and with their audience to provide everyone with great health and well-being.

Dancing was used as a form of exercise to improve the functional status of those who are aging. It is frequently mentioned in the Athlete of the Month column and in



other articles and features. However, there are no randomized studies on dance as an intervention for improving functional status. Rodrigues-Krause et al. (2019) reviewed the literature of several databases on the use of dance as a form of intervention to promote functional and metabolic health in older adults. They compared the benefits of any style of dancing, combined with other exercises alone, to those who did not exercise at all or those who practiced other types of exercise. Their results showed that dancing may be a potential exercise intervention that promotes health-related benefits for those who are aging.

### **Health and Well-being**

The data collected (Appendix C) from SRM show that there are many offerings and opportunities for involvement in different clubs in various interest areas for SCT residents. These clubs provided ways to develop engagement and connections with other residents and places to develop areas that are safe, comfortable with a sense of belonging. SCT was described in the articles as a place of joyful interactions, provided many activities and much happiness for those who live there, while enhancing well-being.

The following section describes what I consider to be some of the most important articles/columns. It provided data for research question three (Appendix C): how activities (social/non-paid work), health and well-being and volunteering were represented for men and women in SRM.

**Athletes of the Month.** The researcher thought the Athlete of the Month (AOM) was a particularly important monthly column because of how all of the featured athletes described how fitness improved their functional status from their recent injuries, chronic illnesses, or habit of “being a lounge chair potato.” Some AOM had also been lifelong

fitness addicts that continued that pattern as they age. Once SCT residents begin to exercise they feel better, ate less and were able to dance and participate in golf, pickle ball and other SCT activities. They were not able to participate in these sports activities before beginning a fitness program. AOM appeared in 2016 and remained a monthly column into the current 2021 month.

This column showed how retirees (70s-80s age group) remained resilient into their golden year. Even during the pandemic (2020) through frequent e-blasts, they were able to participate in virtual exercise programs that were offered by their personal trainers. These avid exercisers continued their routines in their homes until the fitness centers and ball courts reopened. A Club in SCT also focused on Alternative Health and Wellness. Members receive information on alternative healing techniques, stress relaxation exercises, Tai Chi methods, which were aimed at reducing stress and improving sleep along learning healthy diet information.

**Safety.** The Fire wise Group developed after a wildfire happened in SCT in 2008. A safety education program developed along with a fire safety procedure. The Fire wise publication was distributed to SCT residents through SRM, and the program was coordinated through the Fire Commission of Georgetown, Texas.

Safety was also a focus for the resident's in SCT after a SCT resident was mugged at Walmart store in Georgetown. Data showed that the Self-defense club was started to develop awareness of dangerous situations, how to avoid them, and be perceptive of how to escape them, "Learn to depend on yourself" (Sun City Community Association, Sun Rays Magazine, June 2016, p. 92; January 2020, p. 78). The club also provided services and classes for the men and women of SCT and the surrounding

communities.

A Citizen Police Volunteer (SCT) group was formed at SCT to provide a liaison between Georgetown Police Department (GTPD) and SCT. This group of volunteers, that are not trained licensed police officers or have a background in law enforcement, drive SUVs that are used to patrol the community. They take notice and report unsafe situations to GTPD. Their motto: “Stay active and give back to the community” (Sun City Community Association, Sun Rays Magazine, April 2020, p. 60). A neighborhood group called the Flight of the Blue Angels developed to provide a once-a-month lunch for the Georgetown Police Department to show their community support for all they do for SCT.

**Outdoors.** Outdoor interests were also popular with SCT residents according to the content of SRM. Getting outdoors fights boredom, raises self-esteem and improves one’s sense of well-being (Kerr et al., 2012). It encourages engagement and connection with others, increases physical activity and lessens anxiety, depression and stress for those who spend time outdoors. Koi ponds in particular are also known to increase feelings of renewal, restoration and spiritual connectedness with great impact on health and well-being (Aging in Stride, 2016b; Andrews, 2018). Some SCT residents have Koi ponds in their backyards.

Data (Appendix C) from SRM showed that the hiking trails were one of the most popular modes of exercise in SCT. Nature makes us feel more energetic (Aging in Stride, 2016b; Andrews, 2018). In fact, because of the hiking trails popularity, the SCT Hiking Club installed enhancements along the trail as a safety program in 2016. They coordinated the marker locations along the trail with Emergency management in the City

of Georgetown, so the exact locations of the markers are on file in a city office.

Therefore, if anyone was injured on the trail they could be found and rescued by Georgetown EMS. In addition, the Hiking Club also participated in various outings to remove brush and trees from local parks. The brush often choked off live trees that lined other community hiking trails. Some SCT residents were also involved with wildlife projects at their homes and raised owlets in their backyard. SCT residents enjoyed the outdoors, which was a great way of building health and well-being.

The Horticulture Club Outreach participated in planting, maintaining and delivering nutritious organic produce to local charities. These SCT residents grew organic vegetables on SCT property, picked and cleaned the vegetables and delivered them to local charities. They were enthusiastic about eating healthy today and tomorrow and expressed its importance. They also provided nutrition education for new mothers in the community to get them on the right foot feeding their families.

One particularly poignant life story was a 100-year-old man “taking a flying leap” to skydive from an airplane with a friend (woman) and a tandem skydiving instructor (Sun City Community Association, Sun Rays Magazine, March 2017, p. 48). This man stated he is “in love with life,” and it was important to “keep singing, keep smiling” (Sun City Community Association, Sun Rays Magazine, March 2017, p. 48).

**Volunteering.** Volunteering, helping others and giving back to the community were themes that flowed through many of the organizations and clubs in SCT and the Georgetown community. Volunteering provided a way for residents to engage and connect independently in common and meaningful interest areas. Health and well-being, social resources and networks were enhanced, and friendships were built through these

efforts and these patterns were found in the literature (James et al., 2011; Owen et al., 2021; Torres, 2019a, 2019b, 2020).

A unique volunteer endeavor called “Fort Hood’s Outside Agent” organized by a SCT resident was a long-term project (Sun City Community Association, Sun Rays Magazine, January 2016, p. 32, May 2016, p. 44). The impetus for the project was the SCT resident’s granddaughter’s husband was killed in Iraq in 2007. The project began collecting used golf balls for the soldiers at Fort Hood so they could golf at Fort Hood’s Clear Creek. Six years later, fourteen different neighborhoods in the SCT community contributed items including: golf club sets, shoes, new and used golf balls to the project.

Another organization that developed in 2020 was the Neighborhood Resource Organization’s Expand Sharing our Senior Resources. Data on this organization showed that its purpose was to expand awareness of “Aging focused service connections” (Sun City Community Association, Sun Rays Magazine, June 2020, p. 36). This SCT community recognized that it was aging, and that the pandemic had caused more seniors to become homebound. They developed a handbook that included community resources, services and events that were available, coordinators that held events, town halls and lectures, and provided information to seniors in their homes.

Volunteering in the community was also important for SCT residents. They were generally members of a number of organizations that provided volunteer services and community outreach to the Georgetown and Williamson County community. Articles from SRM showed that the clubs were: the Williamson County Shrine Club, which provided fundraising for children who needed burn care; Kiwanis Club, a volunteer organization SCT residents belonged to that provided a grandparent like role model,

working on community literacy projects; Rotary Club, SCT residents were members, provided community projects like a drive by parade for health care workers during pandemic; Habitat for Humanity of Williamson County, a non-profit organization for which SCT residents volunteered, helps build homes for those who live in the Georgetown community, “brings provide hope and Christian service” to others (Sun City Community Association, Sun Rays Magazine, September 2016, p. 68).

Data (Appendix C) from SRM show that a SCT resident became involved in the African American Community in Georgetown, Texas and joined the Georgetown Cultural Citizen Memorial Association. This association oversees the burial grounds of the black community and the preservation of Georgetown Black History. This historical society through educational endeavors recovered the segregated school, historically restored the shotgun house, with memorabilia and photos. It has framed photos of the doctor who delivered all of the African American babies in Georgetown. The Association has restored the African American beauty shop, non-white pre-school, and supports all African American projects in Georgetown.

There were a number of traditional gender-based helping women’s groups depicted in SRM. The Loving Hands group go once a month to a nursing home provided manicures, companionship and holiday gifts and snacks to some residents. Helping hands provided medical equipment and baby items, through a check out process to SCT residents. This group described in SRM as “happy living in SCT, this is rewarding for me, I get to meet lots of people from everywhere I love what I do” (Sun City Community Association, Sun Rays Magazine, January 2017, p. 67). Helping Others is a group of women made and sell crafts, developed a cookbook, participated in

distributing meals on wheels and provided friendship and support for those who attend the group. Members of the Giving Back Group are called the bag ladies. They made sleeping mats for the homeless from plastic bags, by cutting them and crocheting them into lightweight reusable sleeping pads. It took one thousand bags to make one mat. A Gift of Warmth was a women's group that handmade blankets for Georgetown cancer patients. The blankets were distributed to the hospitals in Georgetown and given to the patient's going through chemotherapy.

Grandparents from SCT were actively involved in projects in SCT and written about in articles in SRM: the data showed this group influenced young people positively by providing support and fun through an annual Junior Camp and Junior university. Junior camp held every year since 1996 except 2020 (pandemic). It was a fun long week that grandparents and their grandchildren participated in together. A grandparent model project, developed by a SCT resident, Junior University, provided community support for teens and young adults in the Georgetown community. It provided mentoring and helped build relationships and involved teaching golf, softball, woodworking and other skills (Sun City Community Association, Sun Rays Magazine, June, 2016; July, 2016).

Junior camp was offered to grandchildren (7 -11 years old) of all SCT residents. A motto at camp was: "sunscreen, hats, swimsuits, backpacks, please you're your names on all this stuff" (Sun City Community Association, Sun Rays Magazine, June, 2016, p. 14). There was a movie to attend once a weekend in the theater and hobbies were taught by various SCT clubs (fishing, dancing, lasso ropes, camping), and pizza parties were held on the weekend. All children wore T-shirts that said, "Future resident SCT" (Sun City Community Association, Sun Rays Magazine, June, 2016, p. 14). It was a fun way

for grandparents to teach their grandchildren that retirement is a fun time for lifelong learning experiences.

As mentioned previously Junior University, was held at Brookwood Georgetown and began in 1997. The same SCT resident founder continued to run the project. Other SCT clubs and residents participated in mentoring the young adults on golf, softball, bocce ball, and offered help with science projects or just lends an ear to listen. The founder of the project continued the same goal of “Mentoring is about building relationships” “A child who knows someone is there for them cares about them, someone they can turn to for guidance is far more likely to succeed in life” (Sun City Community Association, Sun Rays Magazine, July, 2016, p. 34). The kids who go to the University learn to promote trust, honesty, respect, compassion for others, critical thinking skills and integrity, which help the young people build core values of self-confidence and teamwork.

**Lifelong Learning.** Education and maintaining well-being were important for SCT residents, as shown by the fact that a group of SCT residents developed Senior University in 2016 as a way to continue lifelong learning. It provided continuing education classes in a 6-week format on a variety of adult learning topics. The topics included: Sonnets of Shakespeare, Crime in Texas, Your Elected Officials to name a few. Initially Senior University took place in various Georgetown city locations that had classrooms available, and today it is housed at Southwestern University, Georgetown, Texas.



## **Expressions about Social Isolation, Loneliness and Place**

The fourth research question asked how social isolation, loneliness and place (environment) were expressed in SRM. The findings for this research question were found in some of the SRM articles and columns and detailed in Appendix D.

SCT has multiple “places” for residents to gather that provided safe environments for engagement and connections to occur and for people to develop relationships regarding meaningful volunteer interests, clubs and activities. These places included a theater, three activity centers, libraries, two fitness centers, an indoor and outdoor pool, stained glass, art and ceramic studios, softball field, pickleball courts, tennis courts and woodwork shed, which provided a number of venues for interactions and working together on projects and participating in sports or activities.

The following data (Appendix D) were gleaned from some SRM articles and columns that answered all or in part the fourth research question. One article described a SCT resident, who found his love of humor as a teen and developed a career as comedian. After moving to SCT, his wife developed dementia. While caring for her, he spoke of his feelings of isolation and loneliness (Torres, 2019a, 2019b). To assuage these feelings, he developed a digital interactive audience to share his humor, with which he engaged and connected rather than a live audience. He laughed, and helped his cyber friends, while still caring for his wife in their home. These cyber connections enhanced his well-being, provided meaningful relationships, limiting his loneliness and social isolation, while he cared for his wife.

The Fabric and Fiber club, while at home during the pandemic, ordered by our Governor and the President to stay home, made masks for first responders in Williamson

County. SRM articles mentioned other SCT residents stayed at home with their technology, used it as an important interface to stay connected and engaged with friends and family during mandated social isolation. In fact, according to SRM, technology for some SCT residents became a new normal for interacting at home with family and friends after the pandemic.

Additional data (Appendix D) showed when SCT residents were socially distanced and socially isolated, used creativity to stay occupied and developed ways to stay connected and engaged with others despite their distance. The following are three examples of data from the articles extrapolated showing their creativity.

One resident created a poem that expressed how we were “told by the Governor and President to stay home, alone” and to order groceries by phone, have them delivered at home, home school, work from home, Zoom to see work, friends, family, many masks for all outfits, dominos to occupy time, and eat KY fried chicken (Sun City Community Association, Sun Rays Magazine, July 2020, p. 65). Another neighborhood’s data creatively had a limerick writing contest that generated a first, second and third place prize. The limericks were about how to occupy your time spent at home, socially isolated, distanced and wearing masks. One neighborhood had a drive by birthday party that took place for an 88-year-old neighbor friend. Golf carts drove by celebrating happy birthday and also playing a happy dance song, his neighbors also adorn his yard with cards and balloons.

The virtual fitness program, presented in SRM articles, and developed by the fitness center trainers was called Fitness from a Distance (Sun City Community Association, Sun Rays Magazine, June 2020, p. 33). It provided offerings that were e-

blasted from the SCT Fitness Department to the SCT community. These virtual offerings were available when the fitness centers were closed and SCT residents were socially distanced and isolated at home during the pandemic. They included the virtual home fitness programs with step-by-step guides and photos created by the trainers. Two trainers started two challenges: a Push up Challenge and a Balance Boost Series. Motivational messages were also sent as e-blasts, an example is “Taking care of the physical and mental health from home, means you’ll be ready to get back out there when the fitness center opens” (Sun City Community Association, Sun Rays Magazine, June 2020, p. 33). A kitchen fitness work-out was included in the e-blast. Descriptions of how to do exercises using countertops and sink areas as support were also included in the e-mail.

Data from SRM (Appendix D) showed that a support group for those with Parkinson’s Disease called a Positive Despite Parkinson’s Disease group was available to help bridge the gap as one journeyed along with Parkinson’s disease. It included education, family support, fundraisers, provided new treatment information, dancing, singing, yoga and the message “You are not alone” (Sun City Community Association, Sun Rays Magazine, April 2019, p. 87). This group provided a meaningful connection and support for those with Parkinson’s disease and a group that provides acceptance and a sense of belonging.

During the pandemic, SRM has provided a place for information and a place to locate virtual websites for additional information to engage and connect with other SCT residents and the community, and any time anyone is socially isolated for other reasons. SRM provided a great variety of opportunities and services for SCT residents to enhance

their health and well-being. There with many options to connect and engage with others.

It offered many places to go in SCT for enjoyment and social interaction.

## **VI. DISCUSSION AND CONCLUSION**

Using Moen's (1996) Life Course Model of Retirement and Health, this content analysis study sought to show how a monthly publication, Sun Rays Magazine (SRM), from one retirement community, Sun City Texas (SCT), portrayed the following dimensions of its residents' lives: gender roles, past work/employment, current activities, health and well-being, volunteering, social isolation, loneliness and place. Moen (1996) emphasized that gender played an important role in retirement transition, as work roles became as important for women as for men.

As expected, the lives of SCT residents were depicted as being gendered to a great extent. Past work-roles were influential in laying the foundation for activities, volunteering and charity work engaged in by SCT residents. SCT provided many places for resident's to actively engage and connect with others, feel a sense of belonging and safety. Social isolation and loneliness became more apparent for SCT residents as their age average age now currently ranges from 80 years old to 100 years old. Some neighborhoods have engaged in music, singing, birthday parties and other events that bring their smaller community together. Engagement and connection continue in the many places SCT has to offer as the aging continuum progresses at SCT.

### **Gender Roles**

Gender relations were set within patterns of behaviors so that they may be invisible, taken for granted or unquestioned. They may reflect the way that social institutions function such as paid work or family. It was argued that men's privileges, "self-reliance and individualism" (Fontana, 1977, p. 28) were tied to women's disadvantages. Therefore, men's privileges cannot be understood or considered without

looking at women's disadvantages and old age creates an additional inequality that compounds the loss of power and authority from work life (Calasanti & Giles, 2017). Thus, retirement tended to lead women to continue to work in the home while men could enjoy a second career or a life of leisure (Calasanti, 2008). As my findings regarding gender in SRM suggested, the gendered norms and traditions portrayed were woven into the fabric of the SCT culture. Thus, this research found how SRM seemed to have followed societal norms with some countering traditional roles by women, but not by men. When investigating new generations of retirees with more diverse and fluid expressions and preferences of gender identities, the countering of traditional gender roles may occur more often, the body of literature in this area will grow, and we will begin to support and provide resources for these non-traditional roles in our society.

When women began to develop careers in the 1980s, they had longer years of employment, stability in work life and improved retirement finances and social class, which led to longer careers and better retirement benefits. Some women during this time were still disadvantaged in work life with shorter and inconsistent years of employment, due childbearing and childrearing, received no long-term benefits or health insurance. This situation resulted in poor medical care, more disability for women and an inability to retire or limited funds at the time of retirement (Calasanti, 2008; Craciun & Flick, 2016; Moen, 1996; Torres, 2014). Craciun and Flick's (2016) study also suggested that women were more disadvantaged in work life, often having concerns about insecure financial resources during retirement, uncertain futures and possibility of poor health. Men still had higher incomes, longer more stable careers, better health, and better retirement benefits than women (Craciun & Flick, 2016; Moen, 1996).

Analysis of SRM showed that men and women in SCT were more often portrayed in traditional gender roles rather than counting these roles. Living in SCT also demonstrated that the residents had long consistent careers to assimilate into retirement activities, volunteering and charity work with better retirement benefits to purchase single family retirement homes and have or purchase health care.

These traditional gender roles were reflected in available social resources, contexts and environmental features presented in the public media. All of the articles and columns were different and reflected components that created social relationships and patterns that depicted the traditional genders as described by Wharton (2012, Chapter 2). To name a few activities that these men and women participated in were hiking, fly fishing and calligraphy.

The Nurses group volunteered at community clinics providing care to those who were less fortunate, which again was consistent with the previous study findings that suggest work life careers moving into volunteering (Moen, 1996; Moen & Flood, 2013; Owen et al., 2021; Pitt-Catsouphes, 2018). This group was described as the “do-gooders” who enjoy helping the less fortunate and have a duty to help others in their retirement years” (Fontana, 1977, pp. 86–87). They were well adjusted and happy in retirement, identifying with each other and the organization that they volunteer with rather than the elders in the group they were caring for. The activities of the “do-gooders” also correspond with Moen’s (1996) model in the sense that they were career engaged non-paid work volunteers.

There was a non-traditional woman’s stock investment club and a woman who became an airplane pilot that countered the traditional gender roles. These women were

able to increase their retirement funds, expressed positive views on aging that created positive meaning in life for them. The High Hopes Investments Group felt that “investments were serious business and enjoyed every minute of our time together discussing our investments” (Sun City Community Association, Sun Rays Magazine, November, 2019, p. 92). This positive attitude helped them set new goals and enjoy being older. This new view on aging was found to exert a positive influence on health and well-being (Craciun & Flick, 2016).

### **Past Work/Employment**

One’s work life was an important component of retirement and along with aging allowed for the development of work roles into part-time work, non-paid work, activities, volunteering and charity work (Kojola & Moen, 2016; Moen, 1996; Moen & Flood, 2013; Quick & Moen, 1998; Torres, 2014). Moen’s life course model (1996) described how life course events and life course stages impacted retirement through timing and choice to create post retirement experience. This experience linked to an individual’s state of health and well-being. Some single women had career and retirement funds that supported a retirement home in SCT, countering traditional gendered retirement. Such non-traditional retirement patterns along with traditional women's career trajectory were portrayed in SRM. These women’s careers included: quilter, textile artist, dog trainer, screenplay writer, and ballet studio owner/teacher.

As previously mentioned, women were often found to work in domestic labor jobs or as homemakers. These types of jobs often resulted in them spending a few years in paid labor or in low paying jobs, with few benefits no social security or health care, resulting in a disadvantaged status (Calasanti, 2008; Calasanti & Giles, 2017; Moen,



1996; Moen & Flood, 2013). However, the single women in SCT seemed to have countered this disadvantaged status, with careers that were able to earn them a higher social class, health care and retirement benefits. They purchased homes, had part-time paid work or non-paid work that mirrored their male counterparts.

According to continuity theory (Andrews, 2001; Atchley, 1989), changes in the life course are tied to past experiences and the broader social world. A change is typically linked to a person's past, producing a change in inner psychological characteristics, social behavior and social circumstances, which, in turn, allows for an adaptive strategy for future change. Continuity theory (Andrews, 2001; Atchley, 1989) is largely consistent with Moen's model (1996) and is described as the theory of normal aging. It is this part of continuity theory (Andrews, 2001; Atchley, 1989) that is linked with Moen's Life Course Model of Retirement and Health (1996), that shows a person's past work role creates behavior and social circumstances that transitions one into retirement. A person's past work role leads an individual to part-time paid work, non-paid volunteer or charity work that is flexible, less structured, but has a familiar meaning, sense of belonging, engagement and connection with others. However, continuity theory only applies to those who are aging normally, and do not have chronic diseases or disability.

Moen's model (1996) incorporated an aging individual's experiences with chronic health changes and disability, including how these changes affected retirement and influence the types of activities, volunteering and charity work in which a retiree may engage. Two examples of this at SCT were the Parkinson's Group that meets monthly and provided support and education for anyone diagnosed with Parkinson's Disease, their

family and caregivers and the Neighborhood Resource Organization's Expanded Group, which provided to those who were homebound in SCT, a Handbook of resources services, events and Forum coordinators and partners that visit residents' homes to provide education, information and support.

### **Current Activities, Volunteering and Health and Well-being**

Activities, volunteering and health and well-being were very much a part of SCT resident's daily life. Again, most of these events were traditionally gender based, but the men and women involved in them were described as being happy and engaged in the articles and columns. There were many photos in SRM, which were not part of the content analysis, but showed residents laughing and having a good time, dressed in costumes, singing, dancing, playing games and eating together. There were also many places of belonging for engagement and connection with others in SCT for activities to occur three activity centers, three golf courses, two pools, one woodworking center, one craft center (stained glass, ceramics, painting), library, ballroom, tennis courts, pickleball courts, hiking trails, a lake for paddle boats, picnic areas and much more. Social interactions also helped develop friendships and new relationships in the clubs, groups and activities (Han et al., 2019) while enhancing well-being and meaningful connections. New skills were also developed when novices attended the various music, singing and theater/acting clubs (James et al., 2011; Owen et al., 2021).

According to the study's findings the SRM articles depicted activities that showed social interaction, networking and the development of meaningful relationships for both men and women. Some of the articles portrayed resilience and social support as well as improved well-being and fostering leisure. The "Joiners" were a "leisure group that spent

a large portion of their time having fun” (Fontana, 1977, p. 94). They did not do “non-paid work or volunteering”.

They liked to do “activities in a formal setting”, particularly joining clubs, traveling, all organized by others”. They “always had a smile on their faces, were well-dressed and social approval was important” (Fontana, 1977, p. 94–95). Mirroring the findings of this earlier study, the current findings showed membership in a number of clubs and groups in SCT and the presence of the joiners. There were also many articles on leisure vacations taken by SCT residents to Antarctica, the Lakes of Michigan, Ecuador, Peru, Europe and South America, which demonstrated the ongoing phenomenon of the joiners.

Some women were immersed in volunteering and helping others. Some of their traits included: being warm and friendly, developing creative projects, making warm blankets for chemotherapy patients, making clothes for the smallest babies to wear home, and making mats for the homeless to sleep on. These women’s groups focused on helping others and were categorized as “do gooder’s” by Fontana (1977, p. 86–87). The men were involved in traditional male activities watched or played softball, sky dove, designed projects, wrote newsletters, composed music, and piloted an airplane. There was one woman who participated skydiving with a 100-year-old man on his birthday, a non-traditional female activity. All of these activities are known to promote health and well-being (Moen, 1996; Moen & Flood, 2013).

Health and well-being was the last link in Moen’s (1996) life course model, which completed the focus toward the retirement transition. It involved successful attainment and maintenance of physical and mental well-being influenced by gender differences,

social resources, economics and establishment of meaningful relationships through engagement and connection in the community. SCT provided these opportunities in abundance. The residents were well-educated, higher social class and able to attain the encore state of adulthood.

A unique feature of Moen's model (1996) was that it allowed for complex situations and unpredictable expectations that may have an unforeseeable impact on health and well-being. It was a flexible model that was applicable to SCT and SRM articles and columns (Moen & Flood, 2013; Pitts-Catsouphes, 2018; Quick & Moen, 1998).

Continuity theory, mentioned previously, allowed only for normal aging (Andrews, 2001; Atchley, 1989). Since it does not allow for moving to assisted living or developing a chronic or acute illness, it would be more difficult to apply to an aging retirement community.

Moen's (1996) model was a valuable conceptual framework when looking at the retirement transition. She focused on the encore stage of adulthood (2016), but also emphasized that not everyone was able to attain this stage due to gender, socioeconomic status and social class. Therefore, retirees who were not able to bring the unique aspects of flexibility, variability or change in financial status, change in place (assisted living, 55 apartment complex), and part-time work status, were still able to attain a varied level of health and well-being, although not reach the encore stage.

Calasanti (2008), Calasanti & Giles (2017) and Torres (2014), further expound on the women's issues that arise before retirement that serve to privilege men and give them unearned advantages, while they usually disadvantaged women. Women's work in daily life and domestic labor jobs often limited their access to long careers, financial benefits

and broad-based career networking (Torres, 2019a, 2019b, 2020). Torres (2019a, 2019b). These limitations proved to be disadvantageous for women to attain a home and stable places for belonging, engagement and connection during the retirement transition. Finding “third places” provided spaces for belonging, engagement and connection with others and allowed for participating and volunteering in meaningful activities to occur at the local neighborhood community bakery’s, Starbucks, McDonalds or a local Deli. These places do not have to be in a large retirement community.

### **Social Isolation, Loneliness and Place**

Lastly, how social isolation, loneliness and place was depicted in SRM was important. Torres (2019a, 2019b, 2020) described aging in place as a main factor when engaging and connecting with others in “third” places. These places provided safe locations where interactions developed and occurred, social relationships evolved, meaningful and trusting relationships were built and ways were explored where people were able to remain independent. These places limited isolation and loneliness by encouraging engagement and connections with others.

SCT provided a large number of places for residents to gather to engage, connect, and feel safe belonging . This community’s residents were very fortunate. They were able to attain the encore stage (Moen, 2016). In fact, SRM’s photos, which were not described in the findings of this study, showed SCT neighborhoods (during the pandemic) gathering together for socially distanced parties including: lawn birthday parties, karaoke parties, a Virginia reel lawn birthday party and to celebrate a post-chemotherapy party.

SRM provided a very important, if incomplete, portrait of the community. SCT

was depicted as a healthy, normal aging community. SRM was geared towards those members of the community who could engage in high energy and high competence level activities. Anecdotally, residents mentioned those who were aging with chronic health problems and disabilities lived in the community, as Moen (1996) addressed in her model, but were minimally addressed in the articles and columns in SRM. A multitude of health promotion and healthy eating strategies were emphasized and available in the magazine. An exception was an article about the Positively Parkinson's group. The group was founded by a woman whose husband had Parkinson's disease. These residents also mentioned several groups sang to SCT residents with Alzheimer's Disease in their homes. Therefore, there are resources at SCT for challenged groups as well although they were not represented in SRM.

This study is likely the first content analysis done on a retirement community magazine although the content of the public media was geared toward members of the community who participated in high impact activities and experienced the process of normal aging. When visitors were interested in living at SCT, they were given the opportunity to spend a few days in the community visiting and participating in any offerings. They were also able to get to know some residents and learn about opportunities for those who were not able to participate in high impact sports and complex intellectual activities, thereby, learning and exploring other more amenable activities options for them to engage in personally.

SRM was a good introduction to SCT keeping in mind that it did have a marketing focus. SRM did include information from the Executive Director and Board of Directors as well as advertising, club and group information as well as many articles,

features and good health promotion information. There was no information on the impact the magazine had on its readers, which would be a great addition to enhance its marketing capabilities. Information on how the stories were selected was not found because the editorial office was open to SCT residents only.

Some of the diverse groups represented were Parkinson's Disease Group, Policewomen (Women Behind the Badge,) and Georgetown Black History. They were all presented in a positive authentic light. The feature articles changed every month, but there were monthly themes that followed seasons and holidays. There were also some very nice groupings of resident comments like Remembering Your First Date, Your First Car, Making It Last (relationships), and Where Were You When You were 20. Some of the articles and features were difficult to figure out. For example, there were articles that seemed to be current, but they were from 20 years ago. For example, one SCT resident and her cheerleading group from college (1950s) met for a class reunion in 2019, and an article was printed in 2020 in SRM. There were few articles on the vulnerable residents or their clubs and groups. However, there were advertisements for their support services and supplies.

### **Conclusion**

It was shown in the findings from SRM that SCT was portrayed as a retirement community in the encore stage with traditional gender roles, and for the most part traditional career roles that threaded through to its residents' activity interests and volunteering. SCT provided the environment, places or a microcosm in which a person made their retirement transition, brought their history, life course events, past experiences to create a new post retirement world in a semi-rural setting. There were many places

within SCT to develop meaningful relationships with other retirees. It was also a place to engage and connect with others in a wide variety of clubs, groups, and volunteer organizations. Individual ideas and interests developed within the community to encourage others to engage and connect with each other.

SCT was a retirement community that allowed for individual and social dynamics to influence social interactions and structure in a person's life. SCT and its residents represented the encore adulthood stage where residents utilized past work roles and experience to renew life experiences as they meet new people with which to engage and connect (Dannefer, 1999; Dannefer & Kelley-Moore, 2008; Moen, 2016). As the community became older (90s-100s), a community outreach group and other volunteer resident committees developed and supported those more homebound residents. There were short periods of social isolation and loneliness, but eventually re-connection and re-engagement in new ways resulted and normal ways returned (Owen et al., 2021; Pitt-Catsouphes, 2018; Torres, 2019a, 2019b, 2020).

The beauty of SCT was that the places did change or move around like the urban settings that became gentrified in New York City described by Torres (2019a, 2019b, 2020). In fact, the places in SCT kept growing, multiplying and expanding. However, one problem was there were more residents than places at times, which was frustrating to the residents. The complexity of SCT is constantly changing. A form of gentrification is soon to arise. The future holds multi-family homes built around SCT will soon be occupied. School buses will be traveling down Sun City Boulevard toward schools on the other side of Georgetown. SCT will be facing new challenges.



According to Moen (2016), the future of directions of the encore stage of adulthood includes making one's way over the up and down trajectory of the stage and the large variety of the paths and the different pathways taken or not taken by those engaged in the transition. Those engaged in the transition move back and forth from career-like to non-career employment in a voluntary or involuntary manner.

The biggest shortcoming of Moen's model (1996) is that it lacks consideration of diversity and places the majority of its emphasis on healthy behaviors and optimal healthcare to impact its final outcome of health and well-being. It does not explain healthy behaviors in detail. Those with limited financial and social resources are not able to attain health care and experience health and well-being. However, when looking at the time her model was developed, the women's movement was moving forward, and the financial success of the early baby boomers explained its focus on the existence of significant financial resources.

I would expand Moen's model (1996) by including an individual focus on health and well-being by developing a detailed guide on how to develop and maintain health and well-being. The guide would be based on the categories from the SRM content analysis (activities, community service/charity work, volunteering, part-time work, and leisure). The outline would be derived from examples in the Appendices on activities, community service/charity work, volunteering and part-time work and leisure. Mentoring would be a part of the program so participants could learn the category in which they were interested.

Future research should address additional issues such as: What are the chronic, but non-debilitating health problems that influence the retirement transition? How do they influence health and well-being, and activities and volunteering in which retirees

engage? Are age and gender discrimination evident when finding a job during the retirement transition/ encore stage of adulthood? What social resources and community services are available for those who are homebound in a retirement community?

It is important to consider obtaining more detailed information from individuals through a structured interview on the aforementioned questions while attending to interviewing non-traditional women's clubs or groups countering traditional women's roles. These structured interviews should include demographics and socioeconomics that might pave the way to determine how women are beginning to equalize their experiences, roles and finances during the retirement transition with men, thus gaining benefits, social class and stability in retirement. This countering of traditional gender roles may occur more often in society, and the body of literature in this area will grow. We will then begin to support and provide resources for those non-traditional roles in our society by developing public policy and federal funding for those in these roles.

Limitations for this study were that only one retirement community's public media (SRM) was utilized in the content analysis and the data was skewed by the editors of the magazine to only show positive aspects of the community. The racial makeup of the retirement community was mainly white, suggestive of limited diversity. A more racially and ethnically diverse retirement community's publication would have been a useful comparison. Educational level of a retirement community was often associated with socioeconomic class, and this presented another limitation of this study. Most of the residents in SCT retirement community were well-educated from a higher socioeconomic class, living in a place with a large number of amenities where engagement and connection with others could easily happen.

Qualitative research methods were often challenging due to potential bias in data collection. Some small studies only have one or two data collectors. This study had one data collector, so intercoder reliability could not be achieved (van den Hoonaard, 2018).

Future directions include addressing retirement communities with more racial and ethnic diversity and lower socioeconomics, and may have smaller spaces and places for engagement and connection, less funding for activities, clubs and groups, less contact with the community for volunteering and community service. These communities may still use the concepts employed by SCT in a smaller, more economical way to create a happy retirement community with health and well-being. Evaluation of the smaller community's public media and ways of engaging and connecting with residents using Moen's model (1996) and supporting literature would be beneficial to enhance retirement transition literature.

## APPENDIX SECTION

### Appendix A

#### Coding results on research question one: How were men and women portrayed in Sun Rays Magazine?

CODING	THEMES
<b>2017-2021</b>	
<b>Behind the Brick (men and women)</b>	Veterans, military
Bricks located at Veteran’s Memorial Plaza (fathers, stepfathers, grandfathers, husbands, friends, brother-in-law, sons, brothers, grandsons, paternal uncles, cousins).	story, engagement, connection, military medals, patriotism,
<b>Male Roles:</b> Infantry, helicopter pilots, officers, combat, field artillery commanders; US Coast Guard, disaster relief; Army Air Corp WWII Bomber; Colonel Bombardier; Army Sergeant WWI; Paragraph trooper (typing clerk); US Navy WWII Ship; Navy WWI; Ship - Victory Medal; WWI Machine Gunner; Air Force - Korea, Medical; National Guard; US Air Force WWII - England-B52 crew; US Army-Purple Heart, Distinguished Flying Cross, Bombing Tokyo -1945; Army Air WWII; US Navy Pharmacist; ship; Navy WWII-Pearl Harbor-Victory Medal; US Navy Vietnam-plank owner; National service medal; US Navy Intelligence; US Navy-repair ship; Re-enlisted Army.	lifelong learning

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**2017-2021 (continued)**

**Behind the Brick (men and women)**

Sergeant Heavy Tank Battalion; Tank maintenance; Air Force Technician; Desert Shield and Storm, Navy-Korean War.

**Female Roles:** Officer training, commanders, maintenance, Intelligence, mobilized to Panama, Colonel Navy Nurse, USAF Navy, Colonel Army Nurse Corp, Navy Waves, Army Reserves, Transcribing, electronics technician. Women marched in skirts, heels, and stockings in 110-degree heat; provided dental care, worked in inflatable tents and hospitals.

Characterized - brave, courageous, heroes, humble, quiet, appreciative of all opportunities, involved in war torn countries, no food, hard workers, teamwork, discipline, trusting, cherished, honored, remembered, touched hearts of many, loved thanksgiving (Scottish), women often in training roles, women not in combat or on ships, women were officers.

**Teachings** - “Self-effacing, taught to son, wise about people, no prejudice, taught unconditional love; things are not always as they appear, regrets maybe life long, learning need not take place in a classroom, education encourage at all ages”.

“Women in military contributed a significant amount of knowledge and experience to our armed forces and we are better

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**2017-2021 (continued)**

**Behind the Brick (men and women)**

for it”; “Succeeded in challenging environments were forever impacted by their service to their country”.

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**2016**

**Sun City Angle Wings**

Makes delicate gowns for newborns “tiniest angels” and first year of life (part of Fabric and Fiber club); Donate to NICU and hospitals - Helping Hands Angel gown program.

Volunteering, well-being, community service

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**2016**

**Remembers “Flying Solo”**

1955 AF Cadet in San Antonio, in flight school, had a successful day of maneuvers and on his 20th Birthday 5/26/55 he took his first solo flight, and got his first transitional swimming from the Other cadets like his father and grandfather.

Military active service, cadet solo flight, family military history, engagement, connection, lifelong learning

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**2016**

**Second Chance at First Impression**

Couple Retires to SC from CA; Retired financial planners from CA, moved cost living high, and increasing taxes, Daughter in

Work-life, retirement transition, well-being

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Austin, Looking condos Lake Hills, 30 somethings, shaved heads, lawyers, doctors, racing bikes, skateboards, walk to restaurants, near water like CA more like Spring; very urbane; Lived in 3 story TH Dallas, decided to take “more practical actions” revisit SC, now with golf courses, hiking trails, bike paths, bought a home, enjoy color of fall from patio, change of seasons; “Now our season has changed, our autumn life has begun”.

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**2016**

**Grazing the Fault**

Two local artist combine talents to create and artistic endeavor for the new Sheraton Hotel Conference Center Georgetown; “Work through friendship and collaboration”; “known each other for 30 years”; “paint separately, bring work together, one lives in Walburg”, “agreed on color scheme and painted border together” theme was agriculture and the Balcones Fault that splits Texas between the east and west using sheep.

Life story, artists, longtime friends, collaboration, community project

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**2016**

**Veterans Memorial Advisory Group**

Formation of the Williamson County Veterans Memorial Plaza at Sun City Texas and Beyond the Brick; “Know honor a way of

Military story, memories, engagement, connections,

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life” Veterans population 2 times national average, Georgetown community honors  
honors veterans the way; “We greet our neighbors, strengthen veterans

**2016 (continue)**

**Veterans Memorial Advisory Group**

our relationships, raise our children, appreciate or elders,  
celebrate the way we mourn, way we remember”; fundraising  
began through purchasing memorial bricks \$75, memorializing  
veterans, battalions, units, squadrons, ships; goal \$200,000  
reached in one year; Veterans Memorial Advisory Group  
manages the memorial with the Executive Director SCCA;  
Recently, 14 Cypress trees were planted behind the Memorial.

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**2017**

**Blood, Sweat, Steers**

SC Resident’s real-life experience as a cowboy herding cattle Life story/work life,  
from Texas to North shipping points, “building friendships, well-being, friends,  
camaraderie, working together, experiencing excitement, danger, engagement,  
exhaustion, enduring rain, wet weather and hunger” to move the connection  
Cattle to shipping ground. 2000 to 3000 head of cattle, 10 young  
cowboys, a chuckwagon, a cook, a doctor, crew and wrangler for  
horses, 24/7 working shifts.

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**2019**

**Calligraphy**

Life story/retirement transition, volunteering, activity, calligraphy club

Non-paid career for one woman; involved in national calligraphy society, activity, volunteering, for others SCT, making loving kindness cards for family for other women.

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**2019**

**Soldiering**

Life story, veteran, memories, artisan-wood

Marine WWII-German soldier life; complex (twists/turns); war-coming to US; artisan by trade, memorable, remarkable, beholding.

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**2019**

**High Hopes Investments**

Non-paid work, well-being, finance, social resources, education, engagement, connection

Astute investment group, stocks, finance, education; partnership, benefits.

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**2019****Baseball**

2016 wife died, daughter, always loved baseball; managed, played, umpire, now at 90 years old, watches men and women play soft ball.

Life story, hobby, well-being, engagement, connection

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**2019****Starting Over**

Journey of a man and woman, who lost their spouses, dated others, memories, sitting at home, missing friends, and lonely, both desire companionship, found each other, a second relationship; a fork in the road, developed hope. "With patience and understanding, found the heart can love again".

Life story, loneliness, re-coupling, connection, well-being

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**2019****Sons of American Revolution**

Honor Memorial Day to inspire community to have reference to government by fore-fathers, traces lineage to American Revolution Military.

Well-being, military history, patriotism, community service, connection, engagement

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**2019****Daughters of American Revolution**

Well-being, military history, patriotism, community service,

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<p>Honor Memorial Day, patriotism, serving American history and future through education on Revolutionary; traces lineage to American Revolution Military.</p>	<p>engagement, connection</p>
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**2019**

<p><b>Learning to Explore New Horizons</b></p> <p>Wife learns to fly plane as co-pilot for husband, purpose to act as pilot in an emergency, non-traditional female role-developed confidence and strength.</p>	<p>Well-being, hybrid gender role, engagement, connection</p>
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**2020**

<p><b>Women Behind the Badge</b></p> <p>First to serve as police officers; “Head down and do a good job, do not complain”, “can’t cry, or run”, “internalize anger and humiliation”, “make snarky responses to embarrass perpetrator”, “endure embarrassment”; women overcame bias and barrier and stereotype to become police officers.</p>	<p>Work-life, resilience, non-traditional gender role, well-being, community service, engagement, connection</p>
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*Note.* For the purpose of qualitative technique, phrases were captured intentionally in the process of notetaking for the purpose of capturing themes, ideas and emotions to save, space and consolidate information.

## Appendix B

### Coding results on research question two: How were work roles/employment depicted in Sun Rays Magazine?

CODING	THEMES
<b>2016</b>	
<p><b>Sitting Pretty</b></p> <p>It all began in Macon Georgia in 1954 when she was asked to be in Miss Georgia pageant, and entry into Miss America pageant. She received her college degree in theater/arts, got a job at Community College, directed plays/career. Moved to SCT, directed follies and singers in clubs, church choirs, “luck in life” reflected on adventures, wonderful husband, family, and good health.</p>	<p>Life story, work</p> <p>life/retirement, career – play director, retirement transition, family connection, community service, engagement, well-being</p>
<b>2016</b>	
<p><b>Operation Rainbow</b></p> <p>Orthopedic surgeon, lives in SCT, takes international medical mission trips providing orthopedic surgery to children and young adults injured or with birth abnormalities. Fundraises for trips. He comes from a family of “healing hands”, mother and father were physicians that provided free care to native Indian reservations.</p>	<p>Work-life, retirement, volunteering, fund-raising, international community service, well-being, engagement, connection</p>

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**2016****Dog Whisperer**

88 years old now, as a child had a natural instinct to train dogs, encourage dogs to do her bidding, without difficulty, using treats as a reward. “A girl best friend is her dog”, “Lifelong interest and talent with training dogs”; Still working with international AKC agility trainer Gerry Brown training her current dog, Fancy Lady. “Agility allows a human-dog relationship and gets both butts off the couch”; Agility uses dogs’ natural instinct to move through obstacles to get prey, jump logs, strengthen muscles, improves coordination, increase endurance, and stimulates dogs’ brain. Develops a partnership, reinforces obedience, uses praise, play, touch, pet, rub, massage, tug and retrieve as rewards.

Life story, work-life/retirement, engagement, connection, well-being, dog trainer

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**2016****Striking Gold**

As a child, loved the water, swam, fished, enjoyed the ocean, PhD oceanography, Texas A and M, Gold Medal award winning author on a book that tracks military history and what marines experience when they endure combat in the ocean’s waves. Conducted “World-wide Ocean surveys for

Life story, work life/retirement, career-oceanographer/writer; engagement, connection

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the Navy”, attending writing conferences yearly, a place to “meet like minds”.

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**2016**

**Rhythms of Life**

Enjoyed music for over 90 years, plays music on piano, daily  
Walks with his cane in neighborhood, had 90-year-old  
birthday signs in his yard from his neighbors.

Life story, music,  
engagement,  
connection, well-being,

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**2019**

**Designer**

Career-project designer developed skills in the Navy, also  
surveyor and designer of airfields and housing. Worked  
(paid/non-paid work) as a buyer of GM car parts in Michigan.  
Moved to SCT, now works as volunteer designer on projects  
in SCT.

Life story, well-being,  
career-designer,  
volunteering,  
connection, engagement

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**2019**

**All the Right Notes**

During depression, father lost job, got musical instrument  
from Wheaties box (cost a dime), learned to play it. Father’s  
lesson, perseverance, frugality, self-reliance, religion,  
(mother) lead to music, career, focus on religion, with  
military background. Became a HS music teacher, received  
his PhD music/composer at a university,

Life story, retirement  
transition,  
work-life, career- music  
composition, well-  
being, volunteering,  
engagement,  
connection, community  
service

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moved to SCT, volunteer composer for Williamson County  
Orchestra and musical performances for SCT.

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**2019**

**Textile Career**

Lifelong history as an artist, became an art education teacher in high schools as a career to support herself. A creative person moved to SCT, became a textile artist “now more engaged, than ever, no distraction”. Mother (poet & culinary artist), father (singer); “Freedom, peace and wisdom” in her textile artwork.

Life story, retirement  
transition, work life,  
community service,  
engagement,  
connection, well-being,  
career-textile artist

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**2019**

**Put to Good Account**

Career accountant helps people gain control of their financial lives. College degrees, US Army, Georgia, Charity work for 40 years, income tax for volunteer awards disabled, those with low income, do not speak English, and those over 65. Traveled to disaster areas and did tax returns. Received US volunteer service award, non-profit foster care Tax returns, “does not plan to slow down, taxes are stressful for everyone, I hope to make it easier”.

Work-life, retirement  
transition, community  
service, engagement,  
connection,  
volunteering, well-being

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**2019****Hand Built helicopter**

Father flew in Air Corp - WWII, after war started airline cargo business. Drafted to Vietnam, officer, candidate school, requested flight schools, sent in as infantry, injury by landmine, second injury, by grenade, machine gun in combat. Received two medals of valor, veteran had a heart attack, auto-immune disease. Still with an interest in planes, built a helicopter, and flew it after recovering from illness and injuries.

Life story/retirement transition; military life/veteran, military medals, resilience, perseverance, connection, encourage, well-being

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**2019****Quilts for Disasters - Fabric and Fiber Club**

Mother, grandmother and great grandmother were quilters, all had a creative flare; Was a career quilter; Moved to SCT, now quilting commemorative pieces based on US disasters, began service with 9/11. They show experiences, reactions, memories in a personal way.

Life story, work-life, volunteering, creativity, engagement, connection, community

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**2019****Ballet Day**

Loved ballet since childhood, danced with a few companies, wanted to become principal dancer, but was not offered to her, so she opened a Ballet studio as her career. Upon

Life story, work-life/retirement transition, paid work, engagement,



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<p>retirement at SCT, she opened another Ballet studio, offered lessons to the residents, who were not able to participate in high impact aerobics, this improving their fitness in another way.</p>	<p>connection, social resources, fitness, community service, health and well-being, career-ballet teacher</p>
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**2020**

**The Joy of Being Almost**

<p>“Living life to the fullest”, (85 years old man); “Life recently begun, but almost over, many medical problems, none disabling, happy to be alive, glad to experience many wonderful things and survive awful things (survivor concentration camps Yugoslavia, no school as a child for 3 years) highs and lows of life; PhD Math career as an international travel lectured as a PhD Math, SCT retired, post-retirement lectures, slower now at tennis, had a privileged career.</p>	<p>Life story, work life/retirement transition, health and well-being, community service, career-international math lecturer; retired paid part-time math lectures</p>
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**2020**

**All the News That’s Fit to Print**

<p>Bocce Club Newsletter written by SCT resident after long career in advertising marketing. Moved to SCT, writes informative newsletters, for teams who play on Bocce Ball courts, includes events, opportunities, new member</p>	<p>Work life/retirement transition, volunteering, community service, engagement, connection, well-being,</p>
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information, “outlet for his creative juices, tongue-in-cheek humor”, newsletter brings” joy to everyone in the club”. career-advertising, marketing.

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**2020**

**A Thing or Two - Nurses Group**

Memories of “good old days starched white uniforms, caps and white shoes”, “sad, fun, not general social due to content, socialize, network, and learn, universal body of knowledge, similar caregiving experiences, so easy to relate to each other”; not a caregiving organization, not a paid employment organization, “Hung up stethoscopes, and content with memories” continue learning, education. “Stump and nurse trivia”. Volunteering at community clinics as nurses.

Work-life, retirement transition, volunteering, education, memories, engagement, connection, lifelong learning, career-nursing

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**2020**

**Creative Writer**

Family history of painting, writing and music with parents. Theater, arts and creative writing in college, gave up opportunity in Hollywood for family and children, taught theater in a community college and wrote theater review in local paper. Family grew up and moved to Texas, she moved

Life story, work-life, retirement/transition, health and well-being, engagement, connection, career-creative writing

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SCT, and says she is not in “retirement mode”, “continues to write screen plays” for SCT productions. “Looks young, looks ahead, follows passion, gathers inspiration, from SCT”.

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*Note.* For the purpose of qualitative technique, phrases were captured intentionally in the process of notetaking for the purpose of capturing themes, ideas and emotions to save, space and consolidate information.

## Appendix C

### Coding results on research question three: How were activities (social/non-paid work), health and well-being, and volunteering represented for men and women represented in Sun Rays Magazine?

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2016-2021

<b>Athlete of the Month (men and women) (70s-80s)</b>	Resilience,
<b>All have Personal Trainers</b>	maintain, improve
<b>Medical Issues:</b> Chronic respiratory Illness, Knee problems, Knee surgery, Knee replacements; OA, Fibromyalgia, Parkinson's, Multiple sclerosis, DM Neuropathy, Professionals, Active Zoomers, Sedentary, Always Active, Pastor, Military, Natural Athletes, Comedian, Model, Businesswoman, Stroke 47 years old, recovered, Traveler, Long distance walker.	health and well-being, physically active, engagement, connection, fun, overcome adversity, change lifestyle,
<b>Purposes:</b> increase endurance, fall prevention, core and muscle strength, balance, stamina, flexibility, posture, decrease stiffness, aches, and pain, increase muscle strength, weight loss, improve nutrition, improve muscle tone, Yoga-increase flexibility, improve lifestyle maintain strength, improve leg strength, increase endurance, upper body endurance and strength and muscle tone, improve balance, improve stamina, core strength, move without pain, enhance swimming skills, go back to dancing, increase flexibility, eliminate back pain, aerobic toning and training.	nutrition

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**Comments:** “Go from lazy man to work out regular, participate in dance, golf, tennis, love learning helps move forward, exercise helps to have a good attitude, small changes lead to big results, take responsibility for life and actions, health is in our hands, improves health and well-being, makes life good, unsung heroes in fitness center all the time, make exercise habit, increase energy, increase endurance, strength, improve coordination, improve overall quality of life, feels strong, invigorated, relaxed and has mental calmness”, increased confidence and continued to break bowling records, divorce your recliner, get off your posterior, fit and focused, eating healthier, faith and determination, exercise, exercise and always Christian like, I relish the opportunity to exercise daily, seeing the results is a wonderful quality of life, Zest for life, decrease aches and pains.

**Classes:** Sit and fit, Aquatic exercises.

**Addendum:** Fitness Center closed 5 months 2020: Virtual fitness developed with Trainers - focused on decreasing stress, positive attitude, glass half full, decreasing depression, better mental well-being, decrease cardiac risk.

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**2016**

**Fort Hood’s Outside Agent**

Volunteering, well-being, social

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<p>Donates used golf balls from SCT residents to soldiers at Fort Hood to golf with at Clear creek in Fort Hood. SCT resident organizer's granddaughter's husband was killed in Iraq in 2007 and this is his service to the soldier's so they can have a tournament (saved \$32,000; and 13,000 golf balls).</p>	<p>resources, community/military service, engagement, connection</p>
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**Update - 2016**

Going strong for 6 years soldiers at Fort Hood, now collecting golf club sets, shoes, accessories, new and use golf balls, 14 different SCT Neighborhoods contributing, still driven by memory of granddaughter's husband, Scott, who was killed in Iraq.

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**2016**

**The Gift of Warmth**

Linda's hugs project (2011), volunteer's make handmade blankets for Georgetown cancer patients, (no sew fleece blankets), given to patients' going through chemotherapy. Card from SCT Scrapbooking Club wrapped in a purple wrapped Love Foundation bag.

Volunteering,  
community service,  
well-being

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**2016**

**The Corvette Club**

"Power of a performance car" "causing in a corvette that melts your stress away", one Porsche in the club. Purpose - to bring

Well-being, social resources, fun, engagement,

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<p>automobile enthusiasts together and lovers of the Chevrolet corvette and offer opportunities to share common interests, cruise as a group on back roads every four to six weeks.</p>	<p>connection, interest-cars</p>
<p><b>2016 and 2019</b> <b>SC Georgettes - WOW the Crowds</b> A group of senior ladies (50s-70s) doing fun team dancing to upbeat music using choreographed drill maneuvers and precision dancing. They “put on costumes, for audiences and create an extravaganza electrifying the audiences that cheering</p>	<p>Volunteering, community/social service, physical activity, fun, dancing, engagement,</p>
<p><b>2016 and 2019</b> <b>SC Georgettes - WOW the Crowds (continued)</b> and give standing ovations”. Group performs for all audiences and venues even University of Texas Austin halftime events.</p>	<p>connection</p>
<p><b>2016</b> <b>Stonehill Band</b> Wear black and white, flanked by peavy amps, 6 musicians, playing old time rock and roll, “A desire to bring people together through music”; Community-based band, formed their own sound” “Made of community, based, in community, playing for community”.</p>	<p>Volunteering, fun, dancing, music, social resources, connection, engagement, well-being</p>

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**2016****Current Issue Club**

Discusses hot topics with neighbors, and friends without partisan politics, to learn a deeper understanding, learn from each other and increase insight. Discover a variety of opinions, experiences, professions, educations, military duty and community service.

Well-being,  
engagement,  
connection,  
community, /social  
service

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**2016****Karaoke Club**

“Crooners find their home” At the White Wing Cafe on the Green; Tuesday evenings; sing, dance and listen.

Well-being, music,  
singing, dance,  
engagement,  
connection

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**2016****Giving Back - Bag Ladies**

Making sleeping mats for the homeless from plastic bags, by cutting and crocheting them into lightweight reusable sleeping pads.

Volunteering,  
community /social  
service, connection,  
engagement, well-  
being

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**2016****Oldies but Goodies Club**

Dance Club, old time rock and roll, live bands, DJs, period dress encouraged.

Well-being, fun,  
music, dance,  
engagement,  
connection

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**2016 and 2020****Self Defense Club**

Developed after a mugging in Walmart Georgetown, to develop awareness of dangerous situations, how to avoid them and be perceptive of how to escape them and depend on yourself. Get involved in training. SCT residents are instructors.

Well-being, safety,  
education,  
connection,  
engagement

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**2016****A Cerebral Dance Group**

Combines aerobic exercise, aerobic exercise along with maintaining cognitive function, reinforces brain function, builds neurons to store new memories, dancing develops all parts of your brain and all motor control of those parts. Allows for developing coordination to play ping pong, dancing, and pickle ball.

Well-being, dance,  
engagement,  
connection,  
cognitive  
enhancement

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**2016****Women Helping Others Club**

Selling craft items, developing cookbook, Meals on Wheels, SCT residents. Club provides friendship and support for all who attend. Charity work, monthly lunches.

Volunteering, well-  
being, engagement,  
connection,  
friendship,  
community service

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**2016****Senior University**

SCT residents was continuing education programs, lifelong learning topics. A BOD was developed, and lectures began with 6-week classes and weekly lectures on diverse topics: Sonnets of Shakespeare, Crime in Texas, Your Elected Officials, Artist Who Painted in Texas, and Art and Architects of Italy. Located in Southwest University, First Baptist Church, First United Methodist Church

Volunteering, well-being, life-long learning

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**2016****Junior University**

Began in 1997, out of desire and need of one man to show young people less fortunate, who struggle academically or live-in unsafe environments to spend time with older adults developing self-confidence, teamwork, and core values. They develop mentoring relationships that promote trust, honesty, and integrity that they do not have in their home environments. Junior University aligns with other SCT resident the young adults learn to golf, play soft ball, bocce ball, help with science fairs or just lending an ear to listen. SC residents volunteer to

Volunteering, mentoring, well-being, relationship building, connection and engagement, social/ community service

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become surrogate grandparents for the kids to learn honesty, respect and compassion for others and critical thinking.

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**2016**

**Junior Camp**

Started in 1996 with movie on Sunday once a week for ages, 7-11 years old. Hobbies are developed along with new friends and new worlds at SCT. Some SC clubs volunteer to teach fishing, dancing, lassoing ropes, and camping. Pizza parties happen on Friday and Saturday is Theater night. All grandchildren wear “Future resident SC” T-shirts.

Volunteering, well-being, social/community support, fun, activities, connection, engagement

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**2016**

**SC German Club**

Focus on German heritage, history, traditions, sharing and celebrating, culture. Luncheons, discussions and social events.

Well-being, education, culture, engagement, connection

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**2016**

**Loving Hands**

Group of SC manicurists from a SCT neighborhood do once a month manicures at a nursing home. They share life experiences, fun, do a holiday Christmas party with cookies and candies,

Volunteering community service, well-being, companionship,

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treats and provide warm socks, body lotions and soaps.	engagement, connection
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<b>2016</b>	
<b>Habitat for Humanity</b>	Volunteering,
Williamson County SCT resident volunteers, help build homes for the community. “Brings people together and provide hope and Christian service”, “Labor of Love, careful planning, hard work, a personal investment to help others”.	community service, engagement, connection
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<b>2016</b>	
<b>Actors and Theater Arts Guild Club</b>	Well-being, theater
“Deepens appreciation of theater” “place to be educated about the theater”. Welcomes those with experience in the theater and for novices who want to learn about as well as participate in all aspects of the theater.	fun, engagement, connection
<hr/>	
<b>2016</b>	
<b>Hiking Club</b>	Volunteering,
Trail Enhancement Project “Walking and nature trails most popular outdoor amenity”, decided to install a safety program and Coordinate with Emergency Management in Georgetown. They installed limestone blocks, and exact locations were	community service, safety, engagement, connection
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marked and on file in the City of Georgetown Emergency Services System office of the Fire Department. Anyone become injured they could be found by EMS.

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**2016**

**Alternative Health and Wellness Club**

Provides information on alternative healing techniques, studying and exercise on those techniques, Tai Chi reduces stress, improves sleep, better diet and exercise.

Health and well-being, engagement, connection, healing

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**2016**

**Flight of Blue Angels**

Lunch for GTPD SC support for GTPD by a SCT neighborhood; “Feed souls through comfort food” monthly lunch, delivers to GTP by a team.

Volunteering, well-being, community service, engagement, connection, safety, protection

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**2016**

**The Sweet Sounds of Kounty Kombo**

Band played since young boys, “Sassy sound of country swing with swamp pop”, various venues, perform at dances, parties, Received honors at Gatesville Texas Artistry Music Hall of Fame.

Well-being, music, fun, engagement, connection, community service

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**2017**

**Age of Adventure at 100 years old Taking a Flying Leap**

“In love with life means jumping out sky diving of a perfectly good airplane in celebration of my 100th birthday” Accompanied by a friend and a tandem sky diver. Many friends in support to witness the fearless centurion experience life on his terms.

“Everything that has come his way has been a gift from god.”

“Keep singing, Keep smiling”. Still active at

SCT, 49 years married to a wonderful wife, many wonderful memories of her, active in Kiwanis club, yoga with friends, golf, card games.

Life story,  
retirement,  
memories,  
engagement,  
connection, health  
and well-being, sky  
diving

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**2017**

**Horticulture Club Outreach**

Planting, maintaining and harvesting nutritious, organic produce to local charities. Nourish the Georgetown community and provides nutrition classes to mother’s on how to grow and preserve produce for themselves and their families. “Enthusiasm is contagious and ensures all will be eating healthy today and tomorrow”. “A healthy future is just one of the many. Things being grown by the members of the HCC Outreach”.

Volunteers, health  
and well-being,  
connection,  
engagement,  
nutrition,  
community service,  
lifelong learning

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**2019****Bat Boys Group**

Softball/music group (5-piece band/singers), Volunteer/paid singing gigs, all funds go to band, Close friends, bring happiness and joy to the community.

Volunteering,  
physically active,  
music, well-being,  
fun

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**2019****Woodworkers Club (The Carvers)**

Within the woodwork club-small group, close knit, make wooden toys for USMC. Tots, repair furniture, build cabinets, make cutting boards, iPhone sound boxes.

Well-being,  
connections,  
engagement,  
volunteering,  
hobby, community  
service

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**2019****Fly Fishers (Rod/Gun Club)**

SCT residents involved in fly fishing, mostly outings and projects. One project was to improve declining fish in Lake Georgetown by placing underwater brush to increase number of fish breeding areas.

Well-being,  
engagement,  
connection,  
community service,  
environment, fly  
fishing

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**2019****Troubadours (Singers Club)**

Well-being,  
volunteering, music,

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Guitar players some since teenager years, continue to play after moving to SCT. Music - guitars, sing, play at meetings, harmonica, and Ukulele. “Good friendships, passion for playing the guitar and singing. All skill levels. One member is a professional and is “one the air”; Novices welcome.	singing, community/social service, engagement connection
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**2019**

**Woodshop Club and Women Helping Others Group**

Join together to make wooded libraries and stock them for less fortunate children in the community. A SCT community partner project.

Well-being,  
volunteering,  
community service,  
engagement,  
connection

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**2020**

**Fandom of the Opera -**

Houston Opera – Couple, Colorful production; “what a treat”, “avid theater goers”.

Leisure, Music,  
Opera, connection,  
engagement

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**2020**

**Citizen Police Volunteers**

Liaison between Georgetown police department (GTPD) and operates public relations are to ensure good work of GTPD spread through the community. “Stay active and give back to Community” “want to volunteer”.

Volunteering,  
safety,  
community/social  
service,  
engagement,  
connection

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**2020****A Thing or Two with the Ohio Club**

Started as a watching football social and community networking between Ohio State and Cincinnati; Now other events for those who are born, live, work, attended college and married and or married an Ohioan; “reaching out to newcomers that come to SC”.

Well-being, US  
history-Ohio,  
engagement,  
connection,

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**2020****Williamson County Shrine Club**

SCT residents involved in fundraising focused on caring for children with burns and other childhood malformations.

Well-being,  
engagements,  
connections,  
community/social  
service

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**2020****Neighborhood Resource Organizations Expand**

Sharing our senior resources - Provides resources to aging seniors who may be home bound; Handbook with community resources, services, and events; Forum coordinators that hold events, town halls, and lectures; Get information to seniors through community partners; Resources aimed at improving quality of life, education and develop events.

Volunteering, well-  
being, engagement,  
connections,  
community /social  
service

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**2020**

**Backyard Owl Box Saga**

Resident's raise successful owlets /wildlife in backyard in SCT.

Well-being,  
nature/outdoors,  
engagement,  
connections

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**2020**

**A Thing or Two with SC Kiwanis**

Provide literary programs to school district, pre-K to second grade; Grandparent like role model; Sponsored by fundraising through garage sales, holiday home tours and Red Poppy festival.

Well-being,  
volunteering,  
community /social  
service,  
engagement,  
connection, literacy

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**2020**

**Road Musicians**

All with musical backgrounds from teen years; play in various venues in and around SCT.

Life story,  
volunteering, well-  
being, engagement,  
connection, music

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**2020**

**A Thing or Two with SC Rotary -**

Share a passion for and commitment to enhance and help communities and lives across the world; Participate in projects that make a difference, creating lifelong friendships

Well-being,  
volunteering,  
engagement,  
connection,

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Examples: Breakfast with Santa, Hill Country Arts and Crafts Fair, Drive by Parades for health care workers.	community/ social service projects
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<b>2020</b>	
<b>The Back Story Helping Hands</b>	Well-being,
Keep going strong; provide free sign out of durable medical equipment, baby items for those in need; Group volunteer for all kinds of activities and stay busy with inventory; gives members an opportunity to help others, love to be needed, “Staying happy in SC”.	volunteering, engagement, connections, community/social service, friendships
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<b>2020</b>	
<b>SC Firewise Group</b>	Well-being,
Developed after 2008 Wildfire in SC; Met with Fire Commission of Georgetown; Developed a Community Safety Program for education and display of what could be done, and procedure developed; Firewise Publication also distributed in SRM.	volunteering, safety, engagement, connections, community service project
<hr/>	
<b>2020</b>	
<b>I See the Party Light Group - (opposite Political party spouses)</b>	Volunteering, well-
“Voting is an American freedom that all of us should hold in high esteem. It has been fought and paid for many times throughout	being, engagement, connection
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our history and continues”; “Voice of the people, your voice needs to be heard”.

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**2020**

**New to You Challenge Group**

Resident Activities - Lifestyle and New Activities; For residents to “Step out of comfort zone”; New activities to them, they need to try Them in these unusual times.

Volunteering, well-being, engagement, connection

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**2021**

**Trailblazers: Hiking Club**

Clears County Park; Remove brush and cedars from River Ranch County Park that choked many of the live oak hardwood trees lining trails.

Volunteering, well-being, engagement, connection, community project

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**2021**

**Preserving Georgetown Black History**

Moved to SCT in 2013, involved with Georgetown African American Community and Georgetown Cultural Citizen Memorial Association; Oversees burial of black community and educational endeavors; Recovers segregated schools; Restored shotgun house, historically; Framed photos of Dr. James Dickey - delivered all African American babies in Georgetown; African

Voluntary, well-being, memories, black history, connection, engagement, connection

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American Beauty shop; Non-white pre-school; Supports all African American Projects in Georgetown.

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*Note.* For the purpose of qualitative technique, phrases were captured intentionally in the process of notetaking for the purpose of capturing themes, ideas and emotions to save, space and consolidate information.

## Appendix D

### Coding results on research question three: How were social isolation, loneliness and place (environment) expressed in Sun Rays Magazine?

CODING	THEMES
<p><b>2019</b></p> <p><b>Comedian</b></p> <p>Loves humor, wife develops dementia, feels isolated, lonely, live audience becomes internet audience to engage and connect and help.</p>	<p>Life story, comedy, caregiver, social isolation, technology, engagement, connection, career: comedian, well-being</p>
<p><b>2019</b></p> <p><b>Positive with Parkinson’s Disease (PD)</b></p> <p>GTPD support group - bridge gap for journey with PD, caregivers, persons with PD, families, education, fundraisers, new treatments, dancing, singing, yoga, boxing, “You are not alone”.</p>	<p>Volunteering, social isolation, well-being, engagement, connection, resilience, community/social service, caregivers/patient/family/support</p>

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**2020**

**Limerick Writing Contest**

“With time on our hands” a neighborhood had a limerick writing contest at home.

Social distancing,  
well-being, humor,  
creativity, place -  
home , community  
support

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**2020**

**Fitness From a Distance**

Offerings from the SCT Fitness Department - Personal trainers E-blasted -virtual fitness offerings, Weekly fitness Communicator, SCT Fitness Facebook Page - Step by step guides to fitness focused activities with photos of trainers doing demonstrations at their homes; Push up Challenge, Balance Boost series, “Thoughtful easy to follow exercises, motivational messages”, “Taking care of the physical and mental health from home means you’ll be ready to get back out there when the fitness Center opens”.

Social distancing,  
fitness, health, well-  
being, place-home,  
Community support

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**2020**

**Kitchen Fitness Workout**

Describes exercises with photos of using counter and sink as support and how to do exercises described during Pandemic.

Social isolation,  
well-being, fitness,  
place -kitchen

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**2020****Making Masks At Home**

Fabric and Fiber Club for Williamson County  
Healthcare and First Responders.

Social distance,  
health and well-  
being, place-home,  
community support

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**2020****Karaoke from the Driveway's** (Karaoke Club)

“Sing along with a neighborhood from the front of their homes”,  
“Some sitting in lawn chairs, some in cars and some walked  
their dogs to hear the music and sing with the neighborhood  
karaoke club”, “Sharing and seeing neighbors and friends even  
at the required distance provided some connection”.

Social distance,  
well-being, music,  
fun, singing, place-  
driveway, sidewalk,  
lawn, engagement,  
connection,  
community support

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**2020****Technology in the Home**

New normal for “Stay at home”.

Social distance,  
well-being,  
technology, place-  
home

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**2020****Were All in This Together** (Poem)

Gov and the Donald Say Stay Home Alone, order  
groceries by phone, deliver at home, home school, the

Social distance,  
well-being, creative  
writing, place-home

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lessons are hard, do the best we can, work from home, little desk, cat makes a nest, Zoom, get new PJs for Zoom, many masks for outfit, masks expensive even though virus from China, dominos to occupy time and KY fried chicken.

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**2020**

**A Drive by Birthday**

Golf-carts and cars adorned with balloons making their way to the home of 88 years old SCT resident with playing “happy, dance, song”.

Social isolation,  
well-being,  
celebration, place-home, lawn, street,  
community support

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*Note.* For the purpose of qualitative technique, phrases were captured intentionally in the process of notetaking for the purpose of capturing themes, ideas and emotions to save, space and consolidate information.

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