Dear Friends:

In accord with many other organizations recognizing health observances this month that affect older adults—such as Family Caregivers Month, Hospital Palliative Care Month, Alzheimer's Month and many more—at the NYAM Library, we’re also looking at healthy aging through an historic lens.

This month, we host our final Then & Now event for 2022: The Opportunities and Challenges of Healthy Aging in New York City and share learning on aging and health from our collections.

Then & Now: The Opportunities and Challenges of Healthy Aging in New York City

How do New Yorkers experience aging? How does their experience compare to others across time and place? On November 15, join us virtually as we view five short encounters with older NYC residents, conducted by Mario Rubano of NYAM’s Center for Healthy Aging and put in context by historians Kavita Sivaramakrishnan, Columbia University, and David G. Troyansky, Brooklyn College/CUNY Graduate Center.

From the Blog: Views and Voices of Older New Yorkers

Hear from Mario Rubano of NYAM’s Center for Healthy Aging on his interviews with New Yorkers from around the city on their experiences of aging.

From the Collections: How to be happy and healthy after sixty

Living a long and healthy life has always been a concern, even if society didn’t always agree when “older age” started. In 1966, according to popular author Joseph D. Wassersug, M.D. (1912–2011), it started at age 60!

Virtual Visit: “Healthy Aging”

Learn the secrets of “preserving and continuing health” and celebrate the people, both famous and obscure, who lived a long time, in the Library’s most recent virtual visit, featuring a book printed in 1551 and five oversize scrapbooks from the early 20th century.

Color Our Collections: Pharmaceuticals can extend our life

Drugs can help cure diseases, but despite trying, medieval and Renaissance druggists didn’t find the “elixir of life,” the potion that makes one immortal. This image of an apothecary shop is from Hieronymus Brunschwig’s Thesaurus Pauperum (Pharmacopoeia for the Poor, 1537), in the 2022 coloring book of the U.S. National Library of Medicine. Get ready for #ColorOurCollections2023, coming up the week of February 6!

Noted Elsewhere: A Brief History of NORCs

Recently we have been talking with Nat Yalowitz, a resident of the Penn South housing complex in Chelsea, who was instrumental in the success of its NORC—Naturally Occurring Retirement Community. For a brief history of the 40-year-old NORC model, including how it came to Penn South, see David Goldstein’s 2017 Politico article, “Cities of the Old.”

The Library is open to researchers and classes by appointment. All visitors must show proof of vaccination against COVID-19 and be masked and socially distanced. For details, see our guide to visiting the Library. For more ways to connect with our resources and services, check out our Quick Connections page.

NYAM’s work to ensure health for all is more critical than ever.

Your support helps us preserve the Library’s treasures, share them with researchers and the public, and safeguard the history of medicine to inform the future of health.

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