**CHAPTER 14  
Age Ain’t Nothing but a Number: Addressing the Realities of Mature Black Women**

**Question:** The full acronym for the National Organization of Black Lesbians on Aging

**Answer:** ZAMI NOBLA

**Question**: Although mature Black women desire active sexual lives, studies have shown that \_\_\_\_\_\_ values can be barriers to achieving this.

**Answer:**  generational

**Question:** The \_\_\_\_\_\_\_\_\_\_ schema has been associated with mature Black women’s reticence toward seeking treatment or asking for help to cope because of the belief that feeling sad is a normal part of aging and that these are emotions that they should be able to handle

**Answer:** Strong Black Woman

**Question:** Clinical studies note that mature Black women are \_\_\_\_\_\_\_\_\_\_ likely than White women to be offered or to take hormone replacement therapies (HRTs).

**Answer:** less

**Question:** The brown- to- black pigment found in human hair, skin, and irises that protects against UV radiation; key to Black women’s anti aging appearance.

**Answer:** Melanin

**Question:** \_\_\_\_\_\_\_\_\_\_\_\_\_ significantly increases life expectancy for Black women.

**Answer:** Higher education

**Question:** Generativity

**Answer:** The ability to transcend personal interests to provide care and concern for younger and older generations

**Question:** Senior Sandwich Generation

**Answer:** 60-somethings in the midst of their postemployment years taking on the financial responsibilities for elder parents and adult children simultaneously

**Question:** GrimAge index

**Answer:** A measure of accelerated biological aging as an indicator of weathering

**Question:** social expectancy theory

**Answer:** \_\_\_\_\_\_ suggests that individual experiences during one’s lifetime influence how personal aging expectations are constructed

**Question:** mature

**Answer:** an appropriate term to categorize those in the more advanced stages of the lifespan

**Question:** Alzheimer’s disease

**Answer:** A progressive neurodegenerative condition that involves brain deterioration; evident by slow decline of memory and thinking skills and, eventually, the ability to carry out the simplest tasks

**Question:** The period after a person chooses to stop working for pay outside the home. Black women experience inequitable \_\_\_\_\_\_ incomes because of lowered employment salaries, lack of access to financial literacy resources, and lower opportunities for intergenerational wealth

**Answer:** retirement

**Question:** social determinants of health (SDH)

**Answer:** Intersecting factors of environment, health, culture, and context that influence aging experiences. These nonmedical factors include economic policies and systems, development agendas, social norms, social policies, and political systems

**Question:** menopause

**Answer:** The permanent ending of menstruation due to natural loss of ovarian follicular function among women, typically occurring around age 50. Black women reach menopause 8.5 months earlier than White women, often have worse menopause symptoms such as hot flashes, depression, and sleep disturbances, yet are less likely to receive hormone therapy or medical and mental health services to address these

**Question:** Encompassing any form of discrimination or prejudice based on age, ageism most often refers to discrimination directed toward mature adults. The idea of the “ageless Black woman” challenges these stereotypes as it asserts that Black women are mythical in their ability to age well

**Answer:** ageism

**Question:** Club Sandwiched Generation

**Answer:** Extension of the Sandwich Generation in which midlife adults support both a dependent child under the age of 18 and parent over the age of 65. This now adds grandparents to mature adults’ caregiving responsibilities

**Question:** More than simply getting older, this includes the following criteria: (1) avoiding disease and disability, (2) high cognitive and physical functioning, and (3) remaining productive and engaged

**Answer:** successful aging

**Question:** Social Security

**Answer:** A monthly check from governmental sources that replaces part of an individual’s income when they reduce hours or retire. Black individuals often do not qualify for Social Security and are less eligible for spouse and widow benefits in the future.

**Question:** Emerging adults who choose to share a home with their parents after previously living on their own; characterized by the boomeranging of children back to their parents’ residence. This situation disrupts the mature adult normative experience of empty nesting

**Answer:** Boomerang Generation