

Delve Deeper into Ping Pong

A film by Hugh Hartford and Anson Hartford

This list of fiction and nonfiction books, compiled by Rachael Weyand of Portland Public Library, provides a range of perspectives on the issues raised by the POV documentary *Ping Pong*.

Call this old age, extreme edition: Eight players with 703 years between them compete in the Over 80 World Table Tennis Championships in China's Inner Mongolia. British players Terry, 81, who has been given a week to live, and Les, 91, a weightlifter and poet, are going for the gold. Inge, 89, from Germany, has used table tennis to paddle her way out of dementia. And Texan Lisa, 85, is playing for the first time. **Ping Pong** is a wonderfully unusual story of hope, regret, friendship, ambition, love — and sheer human tenacity in the face of aging and mortality.

ADULT NONFICTION

Bennett, Roger & Eli Horowitz. *Everything You Know is Pong: How Mighty Table Tennis Shapes Our World*. New York: itbooks, 2010.

An illustrated tribute to ping pong, this collection of essays features reproductions of table tennis memorabilia from around the world and highlights some of its famous aficionados. Contributors include Jonathan Safran Foer, Nick Hornby, and Will Shortz.

Bortz, Walter M. II. *Next medicine: The Science and Civics of Health*. Touchstone: USA, 1996.

Bestselling expert on aging and geriatric care Walter M. Bortz offers a prescription for achieving longevity and preserving the quality of life.

Cozolino, Louis. *The Healthy Aging Brain: Sustaining Attachment, Attaining Wisdom*. New York: W.W. Norton & Co., 2008.

This neuroscientific account of how our brains change and age asks what life might look like if

we stopped thinking of aging as nearing the end of life and started thinking of ourselves as becoming more "chronologically advantaged."

Freedman, Marc. *The Big Shift: Navigating the New Stage Beyond Midlife*. New York: PublicAffairs, 2011. Marc Freedman introduces "the encore years," a whole new way of thinking about the time we call "old age."

Jacoby, Susan. *Never Say Die: The Myth and Marketing of the New Old Age*. New York: Pantheon Books, 2011. Jacoby exposes the marketers of longevity - pharmaceutical companies, lifestyle gurus, and scientific businessmen - who suggest that there will soon be a "cure" for the "disease" of aging.

Loe, Meika. *Aging Our Way: Lessons for living from 85 and beyond*. New York: Oxford University Press, 2011.

America is rapidly graying: between now and 2030, the number of people in the U.S. over the age of 80 is expected to almost triple. But how long people live raises the question of how well they live. *Aging Our Way* follows the everyday lives of 30 elders (ages 85-102) living at home and mostly alone to understand how they create and maintain meaningful lives for themselves.

Nouwen, Henri J. M. and Walter J. Gaffney. *Aging*. New York: Doubleday, 1974.

In *Aging*, Henri J.M. Nouwen and Walter J. Gaffney share some moving and inspirational thoughts on what aging means (and can mean) to all of us, whether we're in our youth, middle age, or later years.

Nuland, Sherwin B. *The Art of Aging: A Doctor's Prescription for Well-Being*. USA: Random House, 2008.

Dr. Nuland explores the impact of aging on our minds and bodies, goals and relationships, combining a scientist's passion for truth with a humanist's

understanding of the heart and soul.

Taylor, Albert W. *Physiology of Exercise and Healthy Aging*. Human Kinetics, 2007.

Physiology of Exercise and Healthy Aging applies the science of exercise physiology to an analysis of the aging process, and identifies the positive effects of regular exercise and physical activity on longevity, delaying disease, decreasing morbidity, and increasing the quality of life.

Tippett, William J. *Building an Ageless Mind: Preventing and Fighting Brain Aging and Disease*. Rowman & Littlefield Publishers, Inc, 2013.

This book provides information on the best ways to ensure good cognitive ability as you age, while stressing the importance of proactivity and recognizing abnormal activity in the mind.

Vaillant, George E. *Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development*. Boston: Little, Brown & Co., 2002.

Based on an unprecedented fifty-year study of adult development by Harvard Medical School, this book looks at an extraordinary set of conclusions on how men and women can lead happier, more fulfilling and healthy lives.

ADULT FICTION

Delbanco, Nicholas. *Lastingness: The Art of Old Age*. New York: Grand Central Pub, 2011.

Nicholas Delbanco profiles great geniuses in the fields of visual art, literature, and music in search of the answers to why some artists' work diminishes with age, while others' reaches its peak. Both an intellectual inquiry into the essence of aging and creativity and a personal journey of discovery; this is a brilliant exploration of what music has done to keep the



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habits of creation and achievement alive.

Hitchens, Christopher. *Mortality*. New York: Twelve, 2012.

Mortality is the exemplary story of one man's refusal to cower in the face of the unknown, as well as a searching look at the human predicament. Crisp and vivid, veined throughout with penetrating intelligence, Hitchens's testament is a courageous and lucid work of literature, an affirmation of the dignity and worth of man.

Kohn, Martin, Carol Donley, and Delese Wear. *Literature and Aging: An Anthology*. Kent State University Press: Ohio, 1992.

A collection of more than 60 short stories, poems, and plays on the joys and sorrows of aging by modern American writers including: Bernard Malamud, Eudora Welty, Saul Bellow, Edward Albee, Robert Frost, Denise Levertov, William Carlos Williams, Ernest Hemingway, Alice Walker, Kurt Vonnegut and others. The selections represent the experience of aging from the perspective of persons of diverse color, ethnicity, and background, and are complemented by illustrator Elizabeth Layton's wry and perceptive prints.

Mosley, Walter. *The Last Days of Ptolemy Grey*. Riverhead Books: New York, 2010.

Ptolemy Grey is a 91-year-old man suffering from dementia and living as a recluse in his Los Angeles apartment. Then Robyn Small, a 17-year-old family friend, appears and helps clean up his apartment and straighten out his life. A reinvigorated Ptolemy volunteers for an experimental medical program that restores his mind, and he uses his last days -- shortened now by the medical experiment -- to delve into the mystery of the recent drive-by shooting death of his great-nephew, Reggie.

Strout, Elizabeth. *Olive Kitteridge*. New York: Random House, 2008.

At the edge of the continent, in the small town of Crosby, Maine, lives Olive Kitteridge, a retired schoolteacher who deplores the changes in her town and in the world at large but doesn't always recognize the changes in those around her.

