1. Three characteristics of people who have aged successfully are:  
   <choose three>  
   A. Good Physical Health  
   B. High Mental Functioning  
   C. Social Connections  
   D. Financial Security

2. Social Isolation is the number one link to mental illness.  
   A. True  
   B. False

3. Physical Exercise is not helpful in aging successfully if it is started late in life.  
   A. True  
   B. False

4. Ways for people to stimulate and re-route their brains include:  
   A. Puzzles and Games  
   B. Artistic Expression  
   C. Auditory Stimulation with enjoyable music  
   D. All of the above

5. Important principles of successful aging to promote during ALL life stages are:  
   A. Lifetime crisis resolution skills  
   B. Lifetime Relationship Networks  
   C. Lifelong Health Maintenance  
   D. All of the Above

6. Sympathy can be a destructive response towards older people.  
   A. True  
   B. False

7. Strength training can affect elders`:  
   A. Fear of falling  
   B. balance  
   C. ability to get up from a fall  
   D. All of the above
8. Spirituality is no longer an important aspect of psycho-social elder life.
   A. True
   B. False

9. Supportive Housing expansion is needed in the future for elders only.
   A. True
   B. False

10. Massachusetts does not recognize “living wills.”
    A. True
    B. False