

Published Writers of Rossmoor Featured Author for July 2016 -
Dr. Ann G. Thomas

Barbara Kirbach, PWR Publicity Board Member and Featured
Authors Coordinator

Dr. Ann G. Thomas, along with her newest contribution to the literature of aging, "Unmistakably Old, and doing pretty well, considering...", will be featured in the Rossmoor Library throughout July.

According to Thomas, "there is no template for how to grow old in the early part of the 21st Century. More than 44 million Americans are doing it anyway."

Published in April, "Unmistakably Old" is a compilation of the author's 49 previously published essays, which appeared as monthly articles in popular newspaper columns by the same name. Her comments on navigating life as an elder are told through the consistent voice of a woman who identifies herself only as "Unmistakably Old." Her philosophy? "Aging is an engine in motion. A drop of humor is the oil that keeps it going."



Thomas suggests that although aging brings identifiable changes to an individual, the rapid rate of changes outside of each of us produces a new reality filled with far too many opportunities for disaster. "Sometimes, she says, "the only saving grace is to laugh."

Thomas is a licensed psychotherapist, writer, teacher and mentor. She has written two books on aging. Her first book, "The Women We Become," explored exciting new emotional directions that open for women as they age. First published in 1995, it has been translated into five languages and has been republished in California by Volcano Press.

She has also published a series of short stories in various anthologies and literary journals. Six of those are award-winners including, "The S Word" and "Cougar," which are included in "Unmistakably Old." For access to her work, visit her website www.dr-annthomas.com.

Dr. Thomas holds a BA in Literature from Western Reserve University, an MS in Child Development from Southern Connecticut University, a CAS in Counseling Psychology from Springfield College and an EdD in Social Psychology and Organizational Development from the University of Massachusetts, with post-doctoral work in aging.

Two years ago she retired from her private practice in Psychotherapy in Danville and currently resides in Rossmoor and Ft. Lauderdale, Florida.