# Age is Just a Number: Americans Defy Traditional Retirement Age Norms



Dr. Howard Tucker, aged 101 and still practicing, is recognized by the Guinness Book of World Records as the “Oldest Practicing Doctor.” Tucker, a neurologist based in Ohio, began his medical career in 1947 and continues to teach at Case Western Reserve University. He emphasizes perseverance and a love of learning as key to his longevity and career.

Dr. Tucker is part of a broader trend of Americans working past traditional retirement age. Prominent examples include President Joe Biden, 81, and former President Donald Trump, 77, both seeking another term in office. Despite criticism regarding their age, both have continued their political careers, with Biden openly acknowledging his age and Trump largely sidestepping the issue.

Several individuals beyond retirement age shared their reasons for continuing to work. Gayle Fleming, 76, a yoga instructor, finds her work keeps her physically and mentally agile. Artificial intelligence researcher Charles Simon, 70, believes age grants him the wisdom to think outside conventional boundaries. Ana Marie Forsythe, 80, a dance instructor, continues to find joy and purpose in teaching modern dance. Foreign correspondent David Andelman, 79, prefers the more reflective nature of his current writing. Psychotherapist Maggie Mulqueen, 68, values the satisfaction her work brings, while author Joan Steinau Lester, 83, underscores the importance of age and experience in her continued writing.

These stories highlight how personal passion, financial necessity, and a desire to remain mentally and physically active can drive individuals to work well into their advanced years.