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**AGING AND DISABILITY RESOURCE CENTER  
CAREGIVER RESOURCE LIBRARY  
BOOK BIBLIOGRAPHY**

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**36-HOUR DAY THIRD EDITION: A FAMILY GUIDE TO CARING FOR PERSONS WITH ALZHEIMER'S DISEASE, RELATED DEMENTING ILLNESSES, AND MEMORY LOSS IN LATER LIFE**

**Author** *NANCY MACE*

**Number of Copies:** 5

**Resource Library Ref:** 530

**CATEGORY:** CAREGIVER

This is the "Bible" for families who are giving care to persons with Alzheimer Disease. For this third edition, the authors have retained the structure, scope and purpose of the original book, while thoroughly updating chapters to reflect the latest medical research and the current delivery of care.

- 1 Dementia
- 2 Getting medical help for the impaired person
- 3 Characteristic problems of dementia
- 4 Problems in independent living
- 5 Problems arising in daily care
- 6 Medical problems
- 7 Problems of behavior
- 8 Problems of mood
- 9 Special arrangements if you become ill
- 10 Getting outside help
- 11 You and the impaired person as parts of a family
- 12 How caring for an impaired person affects you
- 13 Caring for yourself
- 14 For children and teenagers
- 15 Financial and legal issues
- 16 Nursing homes and other living arrangements
- 17 Brain disorders and the causes of dementia
- 18 Research in dementia

**7 STEPS TO HEALTHFUL EATING ENGLISH VERSION**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 564

**CATEGORY:** NUTRITION

**7 STEPS TO HEALTHFUL EATING SPANISH VERISION**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 563

**CATEGORY:** NUTRITION

**After a Stroke: 300 Tips for Making Life Easier**

**Author** *Cleo Hutton*

**Number of Copies:** 1

**Resource Library Ref:** 2033

**CATEGORY:** STROKE

With more than 300 tips, this useful guide offers tried and true methods of coping with the aftermath of a stroke. Because the hospital stay after a stroke is usually short compared to the lengthy period of rehabilitation and gradual return of fuction, After a Stroke concentrates on the home recovery process.

## Age Happens - The Best Quotes & Cartoons About Growing Older

**Author** *Bruce Lansky*

**Number of Copies:** 1

**Resource Library Ref:** 1183

**CATEGORY:** Laughter

Here are the funniest quotes and cartoons about growing older by Ellen DeGeneres, Bill Cosby, Lucille Ball, Woody Allen, Geirge Burns, Erma Bombeck and others.

## AGE-PROOF YOUR BODY: YOUR COMPLETE GUIDE TO LIFELONG VITALITY

**Author** *ELIZABETH SOMER*

**Number of Copies:** 1

**Resource Library Ref:** 133

**CATEGORY:** LONGEVITY/LIVING LONGER

Comprehensive, lively, and easy to understand, this is the definitive guide to living a longer, healthier, happier life -- packed with practical programs, strategies, and tips that will defy the aging process.

New research shows that we can easily stretch our life expectancies from the current seventy-six years to as long as one hundred years by making a few simple changes in what we eat and how we live. And it's never too late to start -- that's where Age-Proof Your Body comes in.

## AGING WITHOUT GROWING OLD

**Author** *JUDY LINDBERG MC FARLAND*

**Number of Copies:** 1

**Resource Library Ref:** 165

**CATEGORY:** AGING AND ITS EFFECTS

- ☐ Over forty years ago, Judy McFarland's mother Gladys began a personal crusade to increase the health of her family and friends.
- ☐ Today, Judy Lindberg McFarland combines her mother's wisdom with cutting edge research gathered from respected doctors, scientists, and nutrition experts that clearly shows how we live and what we eat may dramatically alter the aging process.  
Over 400 Pages of crucial information  
Plus a 16 page Vitamin and Mineral Guide
- ☐ The antioxidants - Vitamin A, C, & E help your body fight cellular destruction due to tobacco, pollution, & poor eating habits.
- ☐ Natural ways to lower blood pressure and prevent stroke.
- ☐ What you can do to boost memory and prevent Alzheimer's.
- ☐ Special anti-aging therapies especially for men.
- ☐ Preventing cataracts and other eye conditions.

## ALL ABOUT OSTEOARTHRITIS

**Author** Nancy E. Lane

**Number of Copies:** 1

**Resource Library Ref:** 900

**CATEGORY:** OSTEOARTHRITIS

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## ALZHEIMER'S EARLY STAGES: FIRST STEPS IN CARING AND TREATMENT

**Author** DANIEL KUHN

**Number of Copies:** 1

**Resource Library Ref:** 153

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

The first part of this important book offers a comparison of the normal aging pattern of the brain and what happens with Alzheimer's. It explains the difficulties of diagnosis, risk factors for developing the disease, treatments, and guidelines for prevention. The second part is devoted to practical ways that families can help the patient, including adapting to changing relationships, establishing new ways of communicating and decision making, and planning for the future. The last part offers advice about self-care for family members and helpers, from joining a support group to exploring spiritual resources.

## **ALZHEIMERS THE ANSWERS YOU NEED**

**Author** *Helen D. Davies*

**Number of Copies:** 1

**Resource Library Ref:** 883

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

A comprehensive and easily consulted reference book

Unique in addressing patients themselves rather than their caretakers, Alzheimer's: The Answers You Need clearly and carefully explains the vicissitudes of the illness. In a discussion ranging from possible causes to advice on attitude adjustment, the authors have drawn upon their experiences with Alzheimer's patients in compiling this comprehensive and easily consulted reference.

## **ANATOMY OF THE SPIRIT: THE SEVEN STAGES OF POWER AND HEALING**

**Author** *CAROLINE MYSS*

**Number of Copies:** 1

**Resource Library Ref:** 346

**CATEGORY:** AGING AND SPIRITUALITY

What sets Anatomy of the Spirit apart is Carolyn Myss's ability to blend diverse religious and spiritual beliefs into a succinct discussion of health and human anatomy. For example, when describing the seven energy fields of the human body, she fuses Christian sacraments with Hindu chakras and the Kabbalah's Tree of Life. Fortunately, Myss is a skilled writer as well as researcher, able to ground her extensive spiritual and religious discussions by using real-life stories and a tight writing style. Those who are squeamish with the notion of biography affecting biology will find this book a struggle (in one chapter, Myss links pancreatic cancer with a man's refusal to unburden his life and start fulfilling his dreams). Many, however, hail Myss for creating a valuable contribution to the ongoing exploration of spirituality and health.

## **And Thour Shalt Honor the Caregiver's Companion**

**Author** *Rosalynn Carter*

**Number of Copies:** 1

**Resource Library Ref:** 2041

**CATEGORY:** CAREGIVER

Provides the kind of information and practical support essential for anyone in a caregiving situation.

## **ANNE SEXTON: THE LAST SUMMER" SUICIDE**

**Author** *DIANE MIDDLEBROOK*

**Number of Copies:** 1

**Resource Library Ref:** 135

**CATEGORY:** MENTAL HEALTH

Anne Sexton began writing poetry at the age of twenty-nine to keep from killing herself. She held on to language for dear life and somehow -- in spite of alcoholism and the mental illness that ultimately led her to suicide -- managed to create a body of work that won a Pulitzer Prize and that still sings to thousands of readers. This exemplary biography, which was nominated for the National Book Award, provoked controversy for its revelations of infidelity and incest and its use of tapes from Sexton's psychiatric sessions. It reconciles the many Anne Sextons: the 1950s housewife; the abused child who became an abusive mother; the seductress; the suicide who carried "kill-me pills" in her handbag the way other women carry lipstick; and the poet who transmuted confession into lasting art.

A wonderful book, just, balanced, insightful, complex in its sympathies and in its judgment of Sexton both as a person and as a writer... a deeply moving account."-- The New York Times Book Review

## **ARTHRITIS RELIEF AT YOUR FINGERTIPS: YOUR GUIDE TO EASING ACHES AND PAINS WITHOUT DRUGS**

**Author** *MICHAEL GACH*

**Number of Copies:** 1

**Resource Library Ref:** 357

**CATEGORY:** ARTHRITIS

Description from The Reader's Catalog

Fully illustrated with black-and-white photos and diagrams for every joint, discusses diet and exercise. "...helps the reader relearn what to do when conventional drugs aren't the answer"--Utne Reader

From The Publisher

From the Acupressure Institute of America comes news that 35 million Americans have literally been aching for. Now, the power to relieve the pain of chronic joint disease can be within every arthritis sufferer's reach -- without the unpleasant side effects of therapeutic drugs. Illustrated with hundreds of photographs and line drawings, Michael Reed Gach's strategies for natural hands-on healing can help make your arthritis condition dramatically more livable -- in only minutes a day.

## **As Parents Age: A Psychological and Practical Guide**

**Author** *Joseph A. Ilardo*

**Number of Copies:** 1

**Resource Library Ref:** 872

**CATEGORY:** POSITIVE IMAGES OF AGING

From the Publisher

Written from the perspective of a mental health professional, an educator, and an adult child of aging parents, this book is full of down-to-earth advice that considers all sides. Whatever your present situation, you will find guidance and reassurance within these pages. Helpful checklists and worksheets increase the chance that future decisions will be right for both you and your aging parent

## **ASSESSMENT AND TREATMENT OF PATIENTS WITH COEXISTING MENTAL ILLNESS AND ALCOHOL AND OTHER DRUG ABUSE #9**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 714

**CATEGORY:** MENTAL HEALTH

## **Baby Boomers--Sandwiched Between Retirement & Caregiving**

**Author** *Sandra Haymon*

**Number of Copies:** 1

**Resource Library Ref:** 2062

**CATEGORY:** CAREGIVER

Baby boomers are finding themselves in a place they have never been before. The sandwich generation is now sandwiched between planning their own retirement and providing care for elderly loved ones.

## **BEYOND MIRACLES: LIVING WITH CANCER**

**Author** *Stephen P. Hersh*

**Number of Copies:** 1

**Resource Library Ref:** 873

**CATEGORY:** CANCER

## **BRAIN LONGEVITY: THE BREAKTHROUGH MEDICAL PROGRAM THAT IMPROVES YOUR MIND AND MEMORY**

**Author** *CAMERON STAUTH*

**Number of Copies:** 1

**Resource Library Ref:** 125

**CATEGORY:** BRAIN LONGEVITY

This revolutionary (and fascinating) book explains how we can postpone the aging of our brains and instead develop extraordinary brain longevity, with memory, concentration, energy, and learning ability even better than what we enjoy in our youth. The BRAIN LONGEVITY program is a four-step plan using modern complementary medicine, from Eastern and Western traditions, and including nutritional therapy, stress management, exercise therapy, and pharmacology, all designed to overcome "normal" brain aging. The program is designed to control a specific adrenal hormone, cortisol, which clinical testing has shown to be toxic to the brain and to become present in excessive levels as we age. Excess cortisol (which is often caused by stress as well as "normal" aging) diminishes the abilities of our brain cells and savages the body's production of hormones, including those that regulate our mood and our sex drive. Dr. Khalsa's holistic program reverses this toxicity and allows the brain to return to vibrancy and optimum mental ability. This is an easy-to-follow plan that can change the lives of millions.

## **Candlelights for the Family Caregiver's World**

**Author** *Alice Johnson*

**Number of Copies:** 1

**Resource Library Ref:** 2043

**CATEGORY:** CAREGIVER

Spiritual keys for avoiding caregiver burnout and promoting inner peace.

## **CAREGIVER SURVIVAL SERIES (SET OF 5 BOOKS)**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 211

**CATEGORY:** CAREGIVER

## CATARACT AND THE AGING EYE

**Author** *Eleanor E. Faye*

**Number of Copies:** 1

**Resource Library Ref:** 86

**CATEGORY:** AGING AND ITS EFFECTS

## CHOICES AT THE END OF LIFE: FINDING OUT WHAT YOUR PARENTS WANT BEFORE IT IS TOO LATE

**Author** *Linda Norlander RN*

**Number of Copies:** 1

**Resource Library Ref:** 904

**CATEGORY:** END OF LIFE DECISIONS

Whether your parents are healthy or frail, now is the time to:

Find out what they would want in a medical emergency;

Determine who will speak for them if they can't speak for themselves, and

Ensure that their wishes are written down in a living will or healthcare directive.

This book offers a kitchen table discussion- and, a few simple guidelines.

## Chronic Heartburn

**Author** *Barbara Wendland*

**Number of Copies:** 1

**Resource Library Ref:** 2039

**CATEGORY:** HEARTBURN/GERD

For those millions of people who experience acid reflux and Gerd, this book will provide some welcome relief. A comprehensive resource for fully understanding the medical reasons behind chronic heartburn, this book also provides practical coping strategies, featuring authoritative dietary advice based on the most current medical research and practice in all the key issues of interest to those with chronic heartburn

## CLINICIANS GUIDE TO THE TWELVE STEP PRINCIPLES

**Author** *MARVIN SEPPALA*

**Number of Copies:** 1

**Resource Library Ref:** 750

**CATEGORY:** AGING AND SPIRITUALITY

TREAT ALCOHOL AND SUBSTANCE ABUSE WITH THE PROVEN TWELVE STEPS

## COMPLETE BEDSIDE COMPANION: NO-NONSENSE ADVICE ON CARING FOR THE SERIOUSLY ILL

**Author** *RODGER MC FARLANE*

**Number of Copies:** 1

**Resource Library Ref:** 157

**CATEGORY:** CAREGIVER

If someone you love is very sick or dying, you don't want to learn the hard way how to provide the physical and emotional comfort your "patient" so urgently needs. There are countless volumes on specific diseases available full of useful but coldly clinical information. And there are shelves stacked with guides to the spiritual aspects of sickness and death. But The Complete Bedside Companion is the first book to offer warmth and personal guidance while providing -- or telling you where to find -- the practical advice you need to know to care for an ailing loved one.

## **COMPLETE ELDER CARE PLANNER:FOR CAREGIVERS OF AGING PARENTS OR OTHER FAMILY MEMBERS**

**Author** JOY LOVERDE

**Number of Copies:** 1

**Resource Library Ref:** 134

**CATEGORY:** CAREGIVER

"The simple truth about elders is this: they want their lives to be validated, and they do not want to die alone," writes eldercare consultant Joy Loverde in her preface to the second edition of *The Complete Eldercare Planner*. While that desire is entirely valid and compelling, there is an equally real parallel reality: caring for elders is a formidable responsibility, a sometimes daunting maze of financial, medical, personal, legal, and logistical issues. Acutely aware of both truths, Loverde's goal is to provide the caregiver the support and efficient, practical guidance he or she needs to be able to enjoy the often-rewarding and moving experience of caring for an aging loved one. And in an era when the fastest growing segment of the population is those 80 and older (among those, the majority are women), it becomes increasingly important for caregivers, who are themselves one day going to need care, to be informed about eldercare facts.

With a clarity and authority that comes from years of consulting experience, Loverde shares techniques and step-by-step tactics for all aspects of eldercare, from how to first broach the topic with an elder that he or she needs care and finding the best insurance coverage to emergency preparedness and managing the process of dying. Thirteen chapters are organized by a series of plans that instruct and advise the caregiver on how to research, prepare for, and manage a particular issue. An "Action Checklist" and, when applicable, a list of low-cost or free resources punctuate each chapter's end. The chapters on legal matters (estate planning, insurance fraud), money (cost-cutting strategies), and insurance (options beyond Medicare, supplementary coverage, long-term policies) will be particularly helpful to those first grappling with their elder's financial position. While on occasion Loverde's recommendations may seem vague--in some cases there are too many variables for the author to be more specific without sacrificing relevancy to all readers--*The Complete Eldercare Planner* is an accessible, comprehensive, and thoughtful resource that will inspire caregivers in their pursuit of quality health care for the aging.

## **CONTROL DIABETES IN SIX EASY STEPS**

**Author** Maggie Greenwood-Robinson

**Number of Copies:** 1

**Resource Library Ref:** 898

**CATEGORY:** DIABETES

From the Publisher

TAKE CHARGE...IT'S EASY!

Diabetes has reached near-epidemic proportions in America. If you or someone you love has been diagnosed with it, you need to keep blood sugar in normal ranges and avoid serious complications. But how can you help control diabetes and not let it control you?

This handy guide offers step-by-step pointers to not only handle diabetes and keep it from getting worse-but also to reverse the harmful effects of the disease. It covers:

- \* What you need to know about the disease
- \* Six simple diet principles that can control blood sugar!
- \* Nutrients with remarkable healing power
- \* Herbs that bring blood sugar down
- \* A smart program for daily testing
- \* The right exercises to do
- \* Essential tips for taking medication
- \* The sugar-stress connection

Developed with the help of a team of experts, *Control Diabetes in Six Easy Steps*, can stop your frustration and fears...and let you take charge of your health.

## **COPING WITH CAREGIVER WORRIES**

**Author** *JAMES SHERMAN*

**Number of Copies:** 1

**Resource Library Ref:** 556

**CATEGORY:** CAREGIVER

A dynamite book that provides caregivers with techniques for conquering destructive worries. Suzanne Mintz, President and Co-founder of the National Family Caregivers Association, says "This latest book gets to the heart of a major caregiver issue -- fear -- and deals with it in a useful, no-nonsense way. All of the typical caregiver concerns are dealt with...from lack of self-esteem to worries about change and finances. This is a good addition to Dr. Sherman's growing series of helpful books for family caregivers."

## **COPING WITH SCHIZOPHRENIA: A GUIDE FOR FAMILIES**

**Author** *KIM TORNVAL MUESER*

**Number of Copies:** 1

**Resource Library Ref:** 144

**CATEGORY:** MENTAL HEALTH

Every part of this book shares valuable information in real life easy to use with an easy to apply format. This book is a must for anyone to read who is trying to understand why, and knows how helpless you feel. When it seems that no amount of money can fix things, start reading this book and you will find the sound principals along with alot of LOVE can provide miracles for YOU TOO! It will take you step by step toward the BEST OF THE BEST, quality of life, possible for you and your family. It has for mine. Share It with someone you love.

## **COPING WITH VISION LOSS:MAXIMIZING WHAT YOU CAN SEE AND DO**

**Author** *BILL CHAPMAN*

**Number of Copies:** 1

**Resource Library Ref:** 152

**CATEGORY:** VISUALLY IMPAIRED

This book begins with a promise: people with severe vision loss can be trained and equipped to function as sighted. The author, himself legally blind for 30 years, fulfills that promise with precise information and guidance on improving life through visual rehabilitation. The book explains fundamental facts about eyes and vision, including the causes and varieties of blindness, and then moves on to the new skills the partially sighted person must learn. Specific approaches and devices are covered in depth, including "eccentric viewing" and driving with telescopic glasses, and the visual and electronic aids that can help overcome the effects of vision loss. In spite of his own limited vision (20/240), Dr. Chapman uses a computer without a voice synthesizer, watches TV, and even drives, and he shows readers how to do the same.

## **COURAGE TO CARE: Caregiver's Guide Through Each Stage of Alzheimer's**

**Author** *Joanne Parrent*

**Number of Copies:** 1

**Resource Library Ref:** 843

**CATEGORY:** CAREGIVER

From the Publisher

One in ten people over age 65 (and one in two over age 85) has Alzheimer's disease (AD). But when someone you love receives the diagnosis of Alzheimer's, statistics mean very little. What matters most to you is making the most of life -- yours and your loved one's.

Courage to Care: A Caregiver's Guide Through Each Stage of Alzheimer's offers information, practical suggestions, and encouragement specific to each of the disease's three stages. As much about taking care of yourself as taking care of a loved one with Alzheimer's, this book makes the journey easier for each of you.

## **CRANBERRY CIRCUS: THE HOW-TO BOOK FOR HOME HEALTH CARE**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 189

**CATEGORY:** HOME HEALTH CARE

Over 44 million people in the US alone are either elderly or require healthcare at home, either for a few months or many years. Cranberry Circus is the first-ever book to show the layman or the hired caregiver how to do it...with everything from what a caregiver is worth financially (whether paid or unpaid) to how to prevent bedsores, special recipes the whole family can enjoy, how to bathe a bed bound patient, and charts to track daily procedures. The subject is extremely critical for everyone who has an aging or ill parent, relative or friend. And Cranberry Circus presents homecare in an uplifting, life-enhancing way.... designed to take the stress out of caregiving and put some happiness and whimsy into it.

## CREATIVE CARE GIVING

**Author** JAMES SHERMAN

**Number of Copies:** 1

**Resource Library Ref:** 554

**CATEGORY:** CAREGIVER

This dynamic book shows caregivers and health professionals how to work smarter, not harder, and develop creative ways to relieve the most maddening aspects of caregiving. Elva D. Walker, previous chair of the National Council on Aging says, "Dr. Sherman clearly articulates the complexities of caregiving and follows up with clues, answers, and strategies to help caregivers." "Everyone has at least a pinch of creativity tucked away somewhere."

## DEMENTIA CAREGIVERS SHARE THEIR STORIES

**Author** Lynda Markut Anatole Crane

**Number of Copies:** 0

**Resource Library Ref:** 1991

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Replete with the powerful words of experienced caregivers, "Dementia Caregivers Share Their Stories" is an essential guidebook for anyone who must attend to the needs of a loved one suffering from Alzheimer's disease or another form of dementia. In these pages, members of caregivers' support groups speak candidly about the challenges they have faced at every step in the caregiving process, from recognizing early symptoms of dementia to dealing with its advanced stages.

## Dementia with Lewy Bodies

**Author** James Parker

**Number of Copies:** 1

**Resource Library Ref:** 2034

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Originally created for physicians and other healthcare providers, this Sourcebook has been revised and updated for non-professionals wishing to pursue self-directed research. To make advanced sources more accessible to a general audience, each chapter provides background information, glossaries, specific references and directory information. The title of this book includes the word "official." This reflects the fact that the sourcebook directs you to advanced public, academic, government, and peer-reviewed research. Selected readings from various research agencies are reproduced to give you some of the latest official information available.

## Depression & The Elderly - Booklet

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 1188

**CATEGORY:** MENTAL HEALTH

Depression among long term care residents is frequently overlooked, misdiagnosed, and inadequately treated. Depression and the Elderly examines the prevalence of depression in the elderly, describes the primary symptoms, cites common causes of depression, shows examples of patient focused objectives in dealing with depression, and demonstrates intervention with the depressed elderly resident. 28 minutes. Includes booklet.

## DIFFERENT KIND OF HEALTH: Finding Well-Being Despite Illness

**Author** Blair Justice

**Number of Copies:** 1

**Resource Library Ref:** 876

**CATEGORY:** LIVING LONGER/LONGEVITY

From the Publisher

In this book, Blair Justice, Ph.D., a Professor of Psychology, draws on his own research as well as other findings from both scientific and spiritual literature to present the ways that such people can "get out of themselves" and transcend pain and distress. In doing so, they find a core health deeper than the physical. Along with telling the moving stories of people with this different kind of health, the book gives evidence on how those with chronic illness or physical impairment, though "sick" by medical standards, can experience themselves as "well," based on the deeper sense of well-being they achieve. Dr. Justice, who is among the "sick but well himself, clearly explains a wide spectrum of useful health-related findings, including how the sick but well get beyond their illness and pain by identifying with something bigger than themselves and their problem; what five ways there are to find a subjective health and an abiding sense that life is good despite pain and illness; how getting rid of old conflicts, hurts, and anger relieves physical pain; why subjective health - one's own sense of well-being despite physical infirmity - is a more powerful predictor of longevity and quality of life than are physical examinations by a doctor and laboratory tests; how finding some benefit or value in adversity positively affects the cardiovascular and immune systems as well as makes life better; and why religion is protective for the chronically ill and injured by reducing the risks of becoming disabled.

## **DYING AT HOME : A Family Guide for Caregiving**

**Author** *Andrea Sankar*

**Number of Copies:** 2

**Resource Library Ref:** 858

**CATEGORY:** END OF LIFE DECISIONS

From the Publisher

A growing number of people choose to live their final weeks or months at home. For patients who cannot benefit from acute care in the hospital, home care offers an alternative to a nursing home or hospice. Advances in medical technology and pharmacology allow even those with serious illnesses to remain at home relatively free of pain and symptoms, and professional services are increasingly available to assist family caregivers with work that is often physically and emotionally exhausting.. "First published in 1991, Dying at Home examined the reasons behind this trend and offered practical advice about assuming as much control as possible over the process of dying. In this thoroughly updated edition, medical anthropologist and gerontologist Andrea Sankar keeps her focus on the patient and loved ones while providing the latest information on hospice home care teams, pain medications, HIV and AIDS, legislation on death with dignity, physician-assisted suicide, and sources of information and support for patients and families.

## **EATING HEALTHY WITH DIABETES**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 567

**CATEGORY:** DIABETES

## **EATING WELL FOR OPTIMUM HEALTH:THE ESSENTIAL GUIDE TO BRINGING HEALTH AND PLEASURE BACK TO EATING**

**Author** *ANDREW WELL*

**Number of Copies:** 1

**Resource Library Ref:** 123

**CATEGORY:** NUTRITION

Hopefully, years from now, Eating Well for Optimum Health will be looked upon as the book that saved the health of millions of Americans and transformed the way we eat--not as the book we overlooked at our own peril. It clarifies the mishmash of conflicting news, research, hype, and hearsay regarding diet, nutrition, and supplementation, and further establishes the judicious Dr. Weil, the director of the Program in Integrative Medicine at the University of Arizona, as a savior of public well-being. If you've ever wondered what "partially hydrogenated soybean oil" really is, been perplexed by contrary news reports about recommended dosages for supplements, or questioned the safety of using aluminum pots for cooking, Dr. Weil will make it all clear.

Weil (pronounced "while") bravely criticizes many of the major diet books on the market, and backs up his admonitions with science. He warns readers to not fall under "the spell" of the anticarbohydrate Atkins Diet, but also criticizes the eating plan advocated by Dr. Dean Ornish--which has been granted Medicare coverage for cardiac patients--as being too low fat for the majority of people. (The omega-3 fatty acids missing from Ornish's diet are essential for hormone production and the control of inflammation, he says.) It's also fascinating to learn that autism, Parkinson's disease, and Alzheimer's disease may be caused by omega-3 fatty acid deficiencies, while an excess of omega-6 fatty acids--very common in the typical American diet--can exacerbate arthritis symptoms. Weil's explanation of the chemistry of fats will prove difficult for most readers, but few will want to eat fast-food French fries ever again after reading his appalling reasons for avoiding them, which go way beyond their well-documented heart-clogging capabilities.

After a thorough rundown of nutritional basics and a primer of micronutrients such as vitamins, minerals, fiber, and phytochemicals, Weil unveils what he feels is "the best diet in the world," with 85 recipes, such as Salmon Cakes and Oven-Fried Potatoes, that are healthy, tasty, quick to prepare, and complete with nutritional breakdowns. He includes a stirring chapter on safe weight loss (he sympathizes with the overweight and comically recalls his one-week trial of a safflower oil-diet while an undergraduate). Other, equally enlightening sections include tips for eating out and shopping for food (with warnings on various additives and a guide to organics), and a wondrous appendix with dietary recommendations for dozens of health concerns, including allergies, asthma, cancer prevention, mood disorders, and pregnancy. Eating Well is an indispensable consumer reference and one not afraid to lambaste the diet industry and empower the public with information about which the majority of doctors--to the detriment of the public health--are ignorant.

## EATING WELL THROUGH CANCER

**Author** *Holly B. Clegg*

**Number of Copies:** 1

**Resource Library Ref:** 844

**CATEGORY:** CANCER

From the Publisher

Holly Clegg, uses her expertise in recipe development to recommend food that is essential to a healthy lifestyle and is best tolerated during and after cancer treatment. She has created the perfect book of nutritious and delicious recipes that aid in prevention of cancer and ease the symptoms during treatment. Holly's common sense approach to cooking with easy, everyday recipes has become her trademark for healthy cooking in today's hectic world.

Holly Clegg has appeared on the NBC Weekend Today Show, Home Matters, Donahue, and many other national shows. She is a contributing editor and writes for Cooking Light Magazine, Quick & Light Magazine, and iVillage.com. Holly is the national spokesperson for Louisiana Sweet Potatoes

## END YOUR ADDICTION NOW

**Author** *Charles Gant*

**Number of Copies:** 1

**Resource Library Ref:** 902

**CATEGORY:** ALCOHOL/SUBSTANCE ABUSE

From the Publisher

From cigarettes to antidepressants, from painkillers to Ritalin, from alcohol to amphetamines, there's no longer a reason to struggle with your substance problem. Over the past fifteen years, Charles Gant, M.D., Ph.D., has successfully treated more than 7,500 patients with his innovative program of nutritional supplements, achieving recovery rates greater than 80 percent. Now, finally, in his new book he presents his revolutionary Power Recovery Program to help you...

Dr. Gant's potentially lifesaving plan can be used by anyone to reduce cravings or eliminate addiction -- quicker and easier than ever before possible. The key? Safe, inexpensive, over-the-counter nutritional supplements that restore the proper biochemical balance in the brain -- the balance that nicotine, alcohol, and other drugs can disrupt.

## Enrich your Caregiving Journey

**Author** *Pabst/Goldhammer*

**Number of Copies:** 1

**Resource Library Ref:** 2082

**CATEGORY:** CAREGIVER

Enrich Your Caregiving Journey focuses on the caregiver, while other books focus on the one needing care. Pabst and Goldhammer realize that people always want to know how the "patient" is doing, and few stop to think about the caregiver. However, if the caregiver doesn't pay attention to personal well-being, the quality of caring for the loved one suffers.

This book makes a great gift to you if you're a current caregiver, or to someone you know who is taking care of someone else. It offers practical tips on how to be effective in both the role of taking care of others and the role of taking care of self. Caregiving is a journey and this book helps the caregiver to stay on track.

## EVERYTHING YOU NEED TO KNOW BEFORE YOU CALL YOUR DOCTOR

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 363

**CATEGORY:** HEALTH CARE SERVICES FOR SENIO

## FAILURE-FREE ACTIVITIES FOR THE ALZHEIMERS PATIENT

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 831

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

This book shows how to improve the well-being and raise the quality of life for persons with Alzheimer's Disease. Describes how to focus on the abilities that remain rather than the deficits of the patient. Offers simple, meaningful activities which help reinforce self-esteem while relieving boredom and frustration. 112 pages, illustrated.

## **FINAL GIFTS: Understanding the Special Awareness, Needs, and Communications of the Dying**

**Author** *Maggie Callanan*

**Number of Copies:** 2

**Resource Library Ref:** 848

**CATEGORY:** END OF LIFE DECISIONS

From the Publisher

When someone we love is terminally ill, we are often unprepared to deal with the experience. But the dying have much to tell us and give to us. Final Gifts is a deeply moving, groundbreaking book that teaches us how to recognize and "decode" the often symbolic communications of those on the verge of death. In this humane, compassionate, and insightful approach to helping the dying, Callanan and Kelley show families, friends, and other caregivers how to listen to the dying, how to understand and accept what they wish or need to share, and how to learn from this awesome life event in ways that bring understanding, comfort, intimacy, and peace.

Annotation

"The authors present the intimate experience of dying through stories about tending to patients at the final stage of life."

## **Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life**

**Author** *Maggie Callanan*

**Number of Copies:** 1

**Resource Library Ref:** 2083

**CATEGORY:** END OF LIFE DECISIONS

For more than two decades, hospice nurse Maggie Callanan has tended to the terminally ill and been a cornerstone of support for their loved ones. Now the coauthor of the classic bestseller Final Gifts passes along the lessons she has learned from the experts--her patients. Here is the guide we all need to understanding the special needs of the dying and those who care for them.

## **Finding Life in the Land of Alzheimer's, One Daughter's Hopeful Story**

**Author** *Lauren Kessler*

**Number of Copies:** 1

**Resource Library Ref:** 1984

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Nearly 5 million people in the US are living with Alzheimer's. Like many children of Alzheimer's sufferers, Lauren Kessler, an accomplished journalist, was devastated by the disease that seemed to erase her mother's identity. But suppose people with Alzheimer's are not slates wiped blank. Suppose they experience friendship and loss, romance and jealousy, joy and sorrow? To better understand this debilitating condition Kessler enlists as a bottom-of-the-rung caregiver at an Alzheimer's facility and learns lessons that challenge what we think we know about the disease. Offers a new optimistic look at what the disease can teach us and a much-needed tonic for those faced with providing care for someone they love.

## **FITNESS FROM 50 FORWARD: AN EXERCISE MANUAL FOR OLDER ADULTS**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 558

**CATEGORY:** FITNESS

Foreword by Senator John Glenn, The National Institute of Aging

## **FOOD GUIDE PYRAMID FOR OLDER AMERICANS**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 562

**CATEGORY:** NUTRITION

## FORGETTING: ALZHEIMER'S PORTRAIT

**Author** DAVID SHENK

**Number of Copies:** 1

**Resource Library Ref:** 119

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

First attracted to his subject by its horrific ability to destroy the human mind and body, journalist David Shenk ultimately finds reasons to accept Alzheimer's disease--and almost forgive it--in *The Forgetting*. Shenk describes his work as a biography, the life story of a biological outlaw that sends victims "on a slow but certain trajectory toward forgetting and death." But his illuminating portrait of this growing epidemic offers more than a basic chronology. Shenk begins with the disease's christening in 1906, when German physician Alois Alzheimer discovered mysterious tangles and plaques in the brain of a dead woman who in life had suffered severe memory loss and dementia. The tale unfolds to reveal a host of intriguing players: struggling scientists (the clever, the bullheaded, and the pharmaceutically endowed), politicians divided by opposing priorities, exhausted caregivers, and patients whose biological clocks virtually tick backward over an average eight-year period. It includes impossible twists: longer life expectancies and successful treatments for other diseases mean more cases of Alzheimer's will inevitably occur. Shenk's graceful synthesis of personal accounts (from Plato to Reagan) with a century-long search for answers and cures leads him to an impressive conclusion. Perhaps Alzheimer's disease is much like winter: "Once it is gone, we'll face less hardship, but we'll also have lost an important lens on life."

## From the Heart A Woman's guide to Living Well with Heart Disease

**Author** Kathy Kastan

**Number of Copies:** 1

**Resource Library Ref:** 2037

**CATEGORY:** HEART

An inspirational resource that can help you reduce stress, give up hard-to-break habits, adapt to new lifestyles, live with renewed confidence and hope--and thrive again.

## Getting' Old Still Ain't for Wimps

**Author** Karen O'Connor

**Number of Copies:** 1

**Resource Library Ref:** 2048

**CATEGORY:** AGING AND ITS EFFECTS

Laughter truly is the best medicine for those of us approaching middle or dare we say it? Old age. Packed with tongue-in cheek humor, hilarious misunderstandings and funny foibles, *Getting' Old Still Ain't for Wimps* will make you smile and remind you how great life can be. From ordering a Coke and fries at the bank drive-thru to having to admit your age to get a senior discount, these stories reveal that beauty begins with a good heart, lost and found becomes a way of life after 50, love happens at all ages, laughter is contagious

## GRAYING OF AMERICA

**Author** DONALD KAUSLER

**Number of Copies:** 1

**Resource Library Ref:** 513

**CATEGORY:** HEALTH REFERENCE

The objective of this encyclopedia is to "relate in nontechnical language the results of . . . research about the health, mental functioning, and social functioning" of the elderly. The 300 articles define terms relevant to the aging process and describe and interpret research results in the areas of the biology, psychology, and sociology of aging.

Research findings on such topics as Alzheimer's Disease, Incidence of Disability, Automobile Accidents, Memory, and Nutrition are presented. Most articles are several pages in length, and research results are given within the context of the specific study. The authors are careful to state who the elderly population was compared to: younger adults, other groups of elderly, or the population at large. Mental and diagnostic tests are explained, and there are essays on long-term studies of aging. Unfortunately, there are no bibliographic references to the original studies. An index of entries with cross-references is followed by an index of entries arranged under 14 broad topics. See also references are cited in the text of entries.

The research information presented here is scientific in nature, but the vocabulary and the examples used to illustrate the results of the studies make the information accessible to the general reader; thus the book is a candidate for public library collections. Students and health professionals, especially those in the field of gerontology, will also find the encyclopedia of particular interest. The *Encyclopedia of Aging and the Elderly* (Facts On File, 1992) emphasizes specific diseases and practical advice to the aging, not research.

## GRAYS ANATOMY

**Author** HENRY GRAY

**Number of Copies:** 1

**Resource Library Ref:** 95

**CATEGORY:** HEALTH REFERENCE

A revised American edition from the 15th English edition of the premier textbook of anatomy by Dr. Henry Gray F.R.S. Features 780 of Dr. Gray's illustrations, many with color highlights. Hardcover, 1258 pages

## HEALING CONVERSATIONS

**Author** Nance Guilmarin

**Number of Copies:** 0

**Resource Library Ref:** 1993

**CATEGORY:** AGING AND SPIRITUALITY

Gently guides the reader to the appropriate and caring thing to say when you don't know what to say.

## HEALING CONVERSATIONS

**Author** Nance Guilmarin

**Number of Copies:** 0

**Resource Library Ref:** 1992

**CATEGORY:** AGING AND SPIRITUALITY

Gently guides the reader to the appropriate and caring thing to say when you don't know what to say.

## Healing the Hardware of the Soul

**Author** Daniel Amen

**Number of Copies:** 1

**Resource Library Ref:** 2023

**CATEGORY:** BRAIN LONGEVITY

When the Hardware of the soul--the brain--malfunctions as a consequence of traumatic physical or emotional experiences or chemical changes, afflictions such as depression, anxiety, loss of focus, and obsessive-compulsive tendencies, among others, can result. These problems don't just stay in the brain, however--they can affect your entire life, you very soul. The solution lies in conditioning the brain so you can also heal your life. Dr. Amen shows you how.

## HEALTH CARE FOR AGING PARENT:A Complete Guide

**Author** Virginia Morris

**Number of Copies:** 1

**Resource Library Ref:** 878

**CATEGORY:** CAREGIVER

From the Publisher

The Washington Post calls How to Care for Aging Parents "a compassionate guide of encyclopedic proportion.... What sets this book apart from other guides on aging is the recognition that parent care is an emotional roller coaster for both the parent, who may not be accustomed to being a dependent, and for the adult child, who is often frustrated by the overwhelming new task and the guilty feeling that she can't do more."

Compassionate, timely, and thoroughly researched, How to Care for Aging Parents tackles all the tough subjects: how to avoid "parenting" your parent, understanding what happens to the body in old age, easing caregiver guilt, getting help finding a nursing home, preparing for the time to say good-bye. Virginia Morris, a health-care journalist who cared for her own father through a terminal illness, has given us an indispensable source of information and support.

## Helping Grieving People

**Author** J. Shep Jeffreys

**Number of Copies:** 1

**Resource Library Ref:** 2036

**CATEGORY:** BEREAVEMENT

For many people, tears, prayers, loved ones, friends, and the passage of time will support their grief journey of healing through loss. This book is intended for professional care providers, trained volunteers, and family caregivers who supply varying levels of help for grieving people--the bereaved, the dying, the chronically ill or disabled, and their families--when tears are not enough.

## HELPING YOUR AGING PARENTS: A Practical Guide for Adult Children

**Author** JAMES HALPERN

**Number of Copies:** 1

**Resource Library Ref:** 741

**CATEGORY:** CAREGIVER

## **HELPING YOURSELF HELP OTHERS: A Book for Caregivers**

**Author** *Rosalynn Carter*

**Number of Copies:** 1

**Resource Library Ref:** 884

**CATEGORY:** CAREGIVER

From the Publisher

Having cared at home for her ailing father and grandfather, Rosalynn Carter's involvement has taught her that Americans are in the middle of a caregiving crisis. In this book, Mrs. Carter addresses the social issues that have created this crisis and offers practical solutions to the problems caregivers typically experience, such as isolation, burnout, anger, and helplessness.

## **HOME CARE COMPANIONS QUICK TIP**

**Author** *Marion Karpinski*

**Number of Copies:** 1

**Resource Library Ref:** 886

**CATEGORY:** CAREGIVER

Synopsis

Quick Tips for Caregivers provides thorough instruction in basic caregiving procedures, gives cogent advice on improving safety in the home setting, and presents practical suggestions to reduce caregiver stress and obtain outside support.

Ms. Karpinski is the creator of The Home Care Companion Video Collection, a nationally distributed series devoted to teaching care providers basic caregiving and communication skills.

## **How Doctors Think**

**Author** *Jerome Groopman*

**Number of Copies:** 1

**Resource Library Ref:** 2027

**CATEGORY:** HEALTH REFERENCE

A window into the mind of the physician and an insightful examination of the all-important relationship between doctors and their patients.

## **How to Say it to Seniors**

**Author** *David Solie*

**Number of Copies:** 1

**Resource Library Ref:** 2049

**CATEGORY:** AGING AND ITS EFFECTS

Talking with older adults--especially about important matters--can be frustrating. Perhaps they tend to fret over inconsequential details, or simply cut the conversation short before anything has been resolved. In *How to Say It to Seniors*, geriatric psychology expert David Solie offers help in removing the typical communication blocks we have with the elderly. By sharing his insight into the later stages of life, Solie helps us understand the unique perspective of seniors and gives us the tools to relate to them.

## **I REMEMBER WHEN: ACTIVITY IDEAS TO HELP PEOPLE REMEMBER**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 828

**CATEGORY:** REMINISCING

Indispensable - a must for every activity professional's shelf! Presents dozens of activities which help people reminisce and tell stories about their lives. Particularly helpful are the numerous, easy-to-use conversation starters which can be used in groups and between individuals. This newest and most comprehensive guidebook was written by Dr. Howard Thorsheim and Dr. Bruce Roberts, two leading experts in the field of reminiscing.

## **If Only I'd Had This Caregiving Book**

**Author** *Maya Hennessey*

**Number of Copies:** 1

**Resource Library Ref:** 2028

**CATEGORY:** CAREGIVER

Overwhelmed by caregiving demands? Is your mounting "to-do" list crushing you more each day? Feeling forsaken by the lack of help and broken promises? Do you find it difficult to ask for help?

Studies show that caregiving weakens the immune system, while a network of support helps strengthen. Maya's Model, found in this book, includes research, stories of caregivers, and a self help format with exercises to guide you in developing a network of support to survive the otherwise harrowing experience of caregiving.

## **IT'S A GUY THING! Respite Video**

### **Author**

**Number of Copies:** 1

**Resource Library Ref:** 830

**CATEGORY:** RESPITE

It's no secret...men often feel like the "odd man out" in activity programs. Now you can have just the right trivia book to get men involved. Features over 200 entries based on the subjects that have always interested men and boys: current events, business, the outdoors, hobbies, and sports, with a little romance thrown in for good measure! Tap into the pride men have taken in their roles as fathers, grandfathers, and as the "head of the family" through guided discussion of family affairs - everything from the birth of the first child, family reunions, and life cycle celebrations such as birthdays, bar mitzvahs, weddings, baptisms, and confirmations. Copyright 1998.

## **KEY ELEMENTS OF DEMENTIA CARE**

### **Author**

**Number of Copies:** 1

**Resource Library Ref:** 529

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

The Alzheimer's Association created the document Key Elements of Dementia Care to define, describe, and illustrate dementia-capable care in residential care settings such as retirement communities, board and care, and assisted living and skilled nursing facilities. Key Elements of Dementia Care is a guide for providers (owners, operators, administrators, and hands-on staff) as they develop or enhance existing programs for people with dementia

## **LAURELS KITCHEN CARING (vegetarian recipes)**

**Author** *Laurel Robertson*

**Number of Copies:** 1

**Resource Library Ref:** 863

**CATEGORY:** NUTRITION

From the Publisher

The charm and compassion of Laurel Robertson--bestselling author of the popular Laurel's Kitchen--makes this book of wholesome vegetarian recipes the perfect "nurse's aide" for any caregiver. Laurel includes uplifting stories, advice and inspiration for caregivers, invaluable ideas for administering medicine, and original suggestions for making mealtimes a pleasant occasion, even when the patient can't eat much.

### Synopsis

Laurel's Kitchen Caring: Recipes for Everyday Home Caregiving, from the author of the bestselling Laurel's Kitchen, is divided into six sections: Comfort Foods, Friend to Friend (transportable healing foods), Plenty of Fluids, Hospital and Home, Getting Better, and Caregiver's Corner. Each chapter is filled with simple recipes for healing, special diet recipes, tips on giving comfort and care, and invaluable advice on meeting the requirements of the sickbed. Laurel Robertson also includes healthful, nutritious recipes for staying well once you have healed. A great reference source all through the year when you want to offer a bit more than a "Get better soon."

## **LET'S TALK (Card Game that encourages conversation)**

### **Author**

**Number of Copies:** 1

**Resource Library Ref:** 289

**CATEGORY:**

Set of 78 cards with various short, simple, nonthreatening statements or questions designed to encourage individuals to talk about themselves, their lives, feelings, likes and dislikes. Excellent for reminiscing and group active.

## LIVING IN THE LIGHT OF DEATH

**Author** *Kenneth Ring*

**Number of Copies:** 1

**Resource Library Ref:** 905

**CATEGORY:** AGING AND SPIRITUALITY/NEAR DE

From the Publisher

The near-death experience (NDE) is not only a revelation of the most profound and soul-shattering beauty, but, as research shows, it is something that has the power to drastically transform and improve the lives of those who survive this kind of encounter with death. *Lessons from the Light: What We Can Learn from the Near-Death Experience* is unlike other books on the NDE in that it is written not so much about these life-changing encounters as such but for persons who have never had an NDE themselves yet wish to learn from those who have. *Lessons from the Light* recounts not only many inspiring NDEs from persons of all ages (including very young children) and classes, but for the first time also discloses Dr. Ring's collection of cases where persons journey beyond the Light as well as the NDEs of blind persons. Such remarkable testimony is then used as a basis to provide helpful guidance and practical exercises in order for readers to live a life of greater self-insight, self-compassion, and concern for others, as well as to be better prepared for death, dying, and bereavement.

## LIVING WITH LIFE THREATENING ILLNESS: A Guide for Patients, Their Families, and Caregivers

**Author** *Kenneth J. Doka*

**Number of Copies:** 1

**Resource Library Ref:** 867

**CATEGORY:** CAREGIVER

From the Publisher

A hands-on guide for patients, families, and caregivers on how to live an affirming existence while facing the physical and spiritual traumas of life-threatening illness.

Every page of this book reveals the author's keen awareness of the challenges faced by patients, families, and caregivers dealing with life threatening illnesses. In page after page readers will discover clear, practical, and wise suggestions that are well grounded in personal experience. Don't we all know somebody who needs this book now?

## LIVING WITH PURPOSE IN A WORN-OUT BODY

**Author** *Missy Buchanan*

**Number of Copies:** 0

**Resource Library Ref:** 1989

**CATEGORY:** POSITIVE IMAGES OF AGING

These are medications of the heart--full of faith and hope. Though we may experience fear and discouragement, this book invites us to remember that God's energies are at work silently but powerfully throughout all of life. This book is a perfect gift for frail elderly and the people who care for them.

## LOSING YOUR PARENTS FINDING YOUR SELF: THE DEFINING TURNING POINT OF ADULT LIFE

**Author** *VICTORIA SECUNDA*

**Number of Copies:** 1

**Resource Library Ref:** 126

**CATEGORY:** AGING AND ITS EFFECTS

An eloquent book that explores the impact on one's life of losing a parent as an adult, and the effect it has on families, careers, and friendships — now in paperback

Losing a parent is an event that happens, sooner or later, to nearly everyone. Yet seldom has the impact of parental death on the identities of adult offspring been examined. This book fills that gap. Backed by her original study and filled with compelling case histories, Secunda's book explores what happens to men and women when they are on their own in ways they have never been before. She addresses myriad issues, including: What does it mean to be living without parents to please or rebel against? How does adult "orphanhood" alter relationships with one's siblings, partner, friends, children, or one's career choices? How does it reshape one's sense of self? *Losing Your Parents, Finding Your Self* offers the assurance that out of loss can come unforeseen gain — that on the other side of sorrow, we can discover new hope, wisdom, and strength.

## **Love, Medicine & Miracles: Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients**

**Author** *Bernie S. Siegel*

**Number of Copies:** 1

**Resource Library Ref:** 1135

**CATEGORY:** AGING AND SPIRITUALITY

From the Publisher

Unconditional love is the most powerful stimulant of the immune system. The truth is: love heals. Miracles happen to exceptional patients every day—patients who have the courage to love, those who have the courage to work with their doctors to participate in and influence their own recovery.

"Run, don't walk, to the nearest bookstore and get this amazing book that explains how you can 'think' yourself sick or well...Every family should have a copy. It can be a lifesaver."

—Ann Landers

Author Biography: Bernie Siegel, M.D. embraces a philosophy that is at the forefront of a society grappling with medical ethics and spiritual issues. His books, *Love, Medicine and Miracles* published in 1986, *Peace, Love and Healing* in 1989, and *How to Live Between Office Visits* in 1993, have broken new ground in the field of healing. Over the span of twenty years, physicians have become increasingly more receptive to his message. Bernie's efforts have now turned toward humanizing medical care and medical education, and he continues to travel extensively with his wife Bobbie, to speak and run workshops, sharing his techniques and experiences. Bernie and Bobbie have five children and six grandchildren (so far).

## **LUNG CANCER: Myths, Facts, Choices--and Hope**

**Author** *Claudia I. Henschke*

**Number of Copies:** 1

**Resource Library Ref:** 899

**CATEGORY:** CANCER

From the Publisher

An authoritative book with new lifesaving strategies for those at risk and those already diagnosed. Lung cancer kills more women than does breast cancer, more men than prostate cancer. That's because lung cancer is usually found too late. Claudia Henschke's groundbreaking research on early diagnosis made headlines worldwide. Now, for the first time, she offers specific recommendations based on her latest findings: who needs to be checked, where to be tested, and what to expect. Dr. Henschke and co-author Peggy McCarthy, a leading patient advocate, provide up-to-the-minute information on treatment, with inspiring quotes from survivors. The book describes how the lungs work and how cancer develops. Questionnaires pinpoint risk factors (including past as well as current smoking) and the sometimes surprising symptoms, like back pain or swollen fingertips, that can signal a problem. Henschke and McCarthy explain how to remain healthy, active, and pain-free during and after treatment. They also address emotional and practical concerns, such as coping with guilt and dealing with insurance. 15 b/w illustrations.

Author Biography: Claudia I. Henschke, Ph.D., M.D., is chief, Division of Chest Imaging at the New York Hospital-Cornell Medical Center. Peggy McCarthy is founder of ALCASE, the Alliance for Lung Cancer Advocacy, Support, and Education. She lives in Vancouver, Washington. Sarah Wernick is a freelance writer.

## **Macular Degeneration A Complete Guide for Patients and Their Families**

**Author** *Michael Samuel*

**Number of Copies:** 1

**Resource Library Ref:** 2042

**CATEGORY:** EYE CARE/VISUALLY IMPAIRED

In an easy-to-understand language, ophthalmologist Michael Samuel, MD, a renowned retinal specialist, casts the spotlight on this disease and offers a wealth of insights into what macular degeneration is, what causes it, and the array of contemporary treatment options.

## **MAKING THE PROSTATE THERAPY DECISION**

**Author** *Jeff Baggish*

**Number of Copies:** 1

**Resource Library Ref:** 349

**CATEGORY:** PROSTATE

Annotation

Recognizing the common symptoms of a problematic prostate/ diagnostic testing/prostectomies, radiation therapy, etc.

## Meaningful Life Skills Reproducible Activity Handouts for Older Adults

**Author** Estelle Leutenberg

**Number of Copies:** 1

**Resource Library Ref:** 2085

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

## MENTAL HEALTH AND AGING

**Author** SHARE DECROIX BANE

**Number of Copies:** 2

**Resource Library Ref:** 745

**CATEGORY:** MENTAL HEALTH

## MERCK MANUAL OF GERIATRICS 3/E

**Author** MARK BEERS

**Number of Copies:** 1

**Resource Library Ref:** 94

**CATEGORY:** HEALTH REFERENCE

The Merck Manual of Geriatrics is the most widely used geriatric medical text in the world with more than 160,000 copies sold in 9 languages. Published since 1990 as a not-for-profit service to the scientific community by Merck & Co., Inc., it is written and reviewed by more than 150 experts in all fields of medicine from the United States and around the world.

This new Third Edition contains:

- Major reorganization of the text, with many more revisions than the previous edition.
- The entire book has a new interdisciplinary focus, with special information on nursing care, pharmacy issues, patient and family education, palliative care, and end of life care where relevant.
- New two-color design, with many new tables and all new illustrations.

The expanded content includes new chapters or discussions on:....hypercoagulability and anticoagulation....respiratory failure....interstitial lung diseases....anorectal disorders....hearing loss....chronic dizziness and postural instability....rehabilitation....somatoform disorders....speech disorders....nonmetabolic bone disease....hand disorders....hormonal supplementation....urinary tract tumors....sexual dysfunction in women....pulmonary rehabilitation....atherosclerosis....geriatric interdisciplinary teams....continuity of care....geriatric social work....religion and spirituality....managed care....weights and measures....resource list.

## MINDSTRETCHERS Game

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 288

**CATEGORY:**

## MY MOTHERS VOICE (Honest and illuminating must-read for anyone caring for someone with Alzheimer's disease)

**Author** Sally Callahan

**Number of Copies:** 1

**Resource Library Ref:** 856

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Best resource in caring for Alzheimer's patients

This book is a must-read for professionals, family or caregivers in general. American Journal of Alzheimer's Disease writes, 'This is a meaty, honest and illuminating must-read for anyone caring for someone with Alzheimer's disease....Callahan's chapter on Quality of Life (Chapter 3) includes no-holds-barred sections on dignity, respect, disrespect, manners, comfort, independence vs. safety and death, euthanasia and suicide...Chapters are woven with the best new information and theories from the most highly regarded experts in the field.' This book is a resource, training tool, and compelling read on one of the most tragic of all diseases.

## **NURSING A LOVED ONE AT HOME**

**Author** *SUSAN GOLDEN*

**Number of Copies:** 1

**Resource Library Ref:** 746

**CATEGORY:** CAREGIVER

IF YOUR TAKING CARE OF A LOVED ONE AT HOME, OR CONSIDERING IT, THIS BOOK WAS WRITTEN WITH YOU IN MIND.

NURSING A LOVED ONE AT HOME IS A REASSURING HANDBOOK FOR ALL LEVELS OF HOME HEALTH CARE, WHETHER YOUR LOVED ONE IS TEMPORARILY DISABLED OR PERMANENTLY IMPAIRED. WRITTEN IN SIMPLE, NON-TECHNICAL LANGUAGE BY A QUALIFIED NURSING PROFESSIONAL, NURSING A LOVED ONE AT HOME EXPLAINS THE PROCEDURES, EQUIPMENT, AND PSYCHOLOGY OF PATIENT RECOVERY AND CARE WHILE SHOWING YOU HOW TO PERFORM ROUTINE YET VITAL PROCEDURES FOR YOUR PATIENT.

## **NURSING HOME LIFE: A GUIDE FOR RESIDENTS & FAMILIES**

**Author** *AARP*

**Number of Copies:** 1

**Resource Library Ref:** 744

**CATEGORY:** NURSING HOME CARE

## **ON THE EDGE OF DARKNESS (Depression)**

**Author** *KATHY CRONKITE*

**Number of Copies:** 1

**Resource Library Ref:** 142

**CATEGORY:** MENTAL HEALTH

This best-selling compilation of interviews with dozens of celebrities who have conquered depression--including Joan Rivers, Kitty Dukakis, Mike Wallace, Rod Steiger, and Jules Feiffer--takes a major step toward eradicating the stigma attached to the disease, and "manages to dispel the myths surrounding depression without ever seeming didactic" (Los Angeles Times).

## **PATIENT EDUCATION MATERIAL: SUPPLEMENT TO THE MANUAL OF CLINICAL DIETETICS**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 565

**CATEGORY:** NUTRITION

## **PORTRAITS OF THE 20TH CENTURY**

**Author** *LAUREATE GROUP*

**Number of Copies:** 1

**Resource Library Ref:** 739

**CATEGORY:** POSITIVE IMAGES OF AGING

AN INSIGHTFUL COLLECTION OF MEMORIES WRITTEN BY THE PEOPLE WHO LIVED AND LOVED DURING THAT TIME

## **POSITIVE CAREGIVER ATTITUDES**

**Author** *JAMES SHERMAN*

**Number of Copies:** 1

**Resource Library Ref:** 555

**CATEGORY:** CAREGIVER

Caregivers are encouraged to "go for it" with solid suggestions and ideas that get to the heart of positive caregiving and decision-making.

"Life is 10 percent of what happens to you and 90 percent of how you react to it."

## **PREVENTING CAREGIVER BURNOUT**

**Author** *JAMES SHERMAN*

**Number of Copies:** 1

**Resource Library Ref:** 553

**CATEGORY:** CAREGIVER

Every caregiver will respond to these powerful, easy-to-follow procedures for preventing caregiver burnout. Valuable strategies show health care professionals and family caregivers how to maintain their vitality when under constant emotional pressure.

"The most glaring cost of burnout is the loss of truly effective care by some of our very best people."

## PREVENTING ELDER ABUSE-INSTRUCTOR'S MANUAL

**Author** *BONNIE WALKER*

**Number of Copies:** 1

**Resource Library Ref:** 701

**CATEGORY:** ABUSE PREVENTION

## PSYCHIATRIC MEDICATIONS FOR OLDER ADULTS

**Author** *CARL SALZMAN*

**Number of Copies:** 1

**Resource Library Ref:** 143

**CATEGORY:** MENTAL HEALTH

From the editor of the leading textbook on geriatric psychopharmacology, this up-to-the-minute guide is designed for physicians and other caregivers who work with older adults in a range of settings. It will be particularly useful for those who are called upon to treat such problems as agitation in the nursing home, late-life depression and anxiety, memory impairment, and sleep difficulties. The book provides chapter-by-chapter coverage of how to recognize and treat specific conditions. It includes concise prescribing guidelines, quick-reference drug interaction tables, and illustrative case examples. Practical advice is presented on choosing medications, determining dosages, anticipating side effects, and recognizing when symptoms may be caused by normal aging or physical illness. Ideal for primary care physicians, nurses, and psychiatrists, this book also offers vital information for fellows and residents in geriatric medicine and psychiatry, nursing home administrators, social workers, psychologists, and others who work with older adults.

Audience: Primary care physicians, nurses, and psychiatrists; fellows and residents in geriatric medicine and psychiatry; nursing home administrators; social workers, psychologists, and others who work with older adults.

## REAL AGE DIET

**Author** *MICHAEL ROIZEN*

**Number of Copies:** 1

**Resource Library Ref:** 127

**CATEGORY:** DIETS

From The Publisher

Do some foods accelerate aging and others reverse it? Science says yes! Dr. Michael Roizen, who showed Americans how to stop getting biologically older by changing their lifestyle choices, now reveals his authoritative anti-aging diet.

Dr. Roizen starts with the simple premise, "If it doesn't taste good, don't eat it." Then he solves everyday dining dilemmas. Eating out? Simple guidelines make meal selection a cinch. Eating in? Cooking tips and 84 fabulous recipes pack meals with age-lowering ingredients. Trying to lose weight? Dr. Roizen analyzes today's popular diets for their impact on aging—and reveals the shocking results. A perfect follow-up volume for Roizen's bestseller *RealAge*, *The RealAge Diet* is the delicious way to live longer and younger.

## RESOURCE DIRECTORY FOR OLDER PEOPLE

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 722

**CATEGORY:** HEALTH CARE SERVICES FOR SENIO

## Resources on Alzheimer's Disease for Gerontology Professionals/Part of Dementia Caregiver's Training Package

**Author** *Gail Petersen Kim Petersen*

**Number of Copies:** 1

**Resource Library Ref:** 1997

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

This book is designed to be a companion piece to the DVD "What Every Caregiver Needs to Know About Alzheimer's Disease" but can also be used by itself. It's intended for gerontology professionals and caregivers of persons with Alzheimer's Disease. Authors Gail Petersen, PhD, and Kim Petersen, MD, feel that to be a compassionate and skillful caregiver, it's important first to understand Alzheimer's disease and then to know the person who has the disease. Part One looks at Alzheimer's from a medical perspective and defines the disease as well as provides vital tips for caregivers. Part Two offers a rich assortment of contemporary assessment tools. Part Three includes training resources and talking points about mild cognitive impairment and Alzheimer's disease for use in training groups.

## RESPECTING YOUR LIMITS WHEN CARING FOR AGING PARENTS

**Author** VIVIAN GREENBERG

**Number of Copies:** 1

**Resource Library Ref:** 160

**CATEGORY:** CAREGIVER

Annotation

"...addresses the conflicts, guilt, sadness, & pain children of aging parents experience...teaches how to prioritize and make educated decisions about the most difficult choices."

From The Publisher

In this book, Vivian Greenberg explains how to understand and accept the limits of what we can do for our parents. With insight and skill, she offers valuable information on how to recognize unrealistic expectations, how to get our siblings to share responsibilities, and how to cope with difficult parents. This updated and revised edition of *Respecting Your Limits When Caring for Aging Parents* also includes advice on what role reversal really means as our parents grow older; why our own family should come first and what to do about loyalty conflicts; and how to deal with the sadness and pain that accompanies the decision to place a parent in a nursing home.

## RIGHTS & REALITY II (Rights of Disabled)

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 713

**CATEGORY:** LEGAL

An action guide to the rights of people with disabilities

## SEEING YOUR LIFE THROUGH NEW EYES: A Workbook to Free Yourself from Your Past

**Author** Paul Brenner

**Number of Copies:** 1

**Resource Library Ref:** 864

**CATEGORY:** AGING AND ITS EFFECTS

From the Publisher

Guiding readers through a series of questions about their parents, the authors identify formative "gifts" and "hurts" that shape how people approach relationships. Combining clear text with a workbook format, this interactive book helps readers reclaim wholeness by transcending self-imposed limitations.

## SENIOR SECURITY

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 362

**CATEGORY:** AGING AND ITS EFFECTS

## SEVEN SINS OF MEMORY: HOW THE MIND FORGETS AND REMEMBERS

**Author** DANIEL SCHACTER

**Number of Copies:** 1

**Resource Library Ref:** 120

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

Illustrating decades of research with compelling and often bizarre examples of glitches and miscues, Daniel L. Schacter's *The Seven Sins of Memory* dusts off an old topic and finds material of both practical and theoretical interest. Chairman of Harvard's Department of Psychology, Schacter knows his stuff and how to present it memorably. Organizing the book by examining each of seven "sins," such as absent-mindedness and suggestibility, Schacter slowly builds his case that these sometimes enraging bugs are actually side effects of system features we wouldn't want to do without. For example, when we focus our attention on one aspect of our surroundings, we inevitably draw attention away from others:

## SINGLE-TOPIC DIABETES RESOURCES

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 568

**CATEGORY:** DIABETES

## **Social Intelligence**

**Author** *Daniel Goleman*

**Number of Copies:** 1

**Resource Library Ref:** 2088

**CATEGORY:** NATURE AND STRESS REDUCTION

Exciting new science confirms our deepest intuitions: Good relationships nourish us and support our health, while toxic relationships can poison us. And our success and happiness on the job, in our marriages and families, even our ability to live in peace, depend crucially on the emotional radar and specific skills that Daniel Goleman defines in this groundbreaking book. How does social intelligence develop in childhood? How can we improve it--in ourselves, in others? How can we deal with those who lack it? The answers to these questions are essential reading for businesspeople, parents, educators, health professionals, community leaders--and all those who want to live more richly every day of their lives.

## **SONGS OF FAITH Songbook**

**Author**

**Number of Copies:** 2

**Resource Library Ref:** 723

**CATEGORY:** RESPITE PERSONAL CONVERSATION

## **STRENGTH TRAINING FOR SENIORS**

**Author** *WAYNE WESTCOTT*

**Number of Copies:** 1

**Resource Library Ref:** 358

**CATEGORY:** FITNESS

From The Publisher

Wayne Westcott and Tom Baechle, two internationally recognized weight training experts, have written this research-based guide for instructors at health clubs, YMCAs, community centers, nursing homes, retirement communities, and other organizations who want to help older adults reap the diverse, far-reaching benefits of strength training.

Reviews

From Doody Review Services

Reviewer: Steve A Hoffman, PT, ATC, SCS (North Hills Orthopedic and Sports Physical Therapy)

Description: This text addresses exercise considerations for instructors who prescribe strength training for seniors.

Purpose: The purpose is to provide instructors who train older adults with a research based approach to designing strength training programs. This is a worthy objective for this area of strength training. A basic discussion of the many parameters one needs to consider when developing and overseeing fitness programs is provided.

Audience: The target audience is primarily the personal trainer and rehabilitation professional who renders service to the over 50 population group. Physical therapists, athletic trainers, physical education instructors, and physicians will also benefit from this information. The authors are both certified strengthening and conditioning coaches with a wealth of knowledge and experience in health and fitness research as well as practical training. They combine their expertise to present a book that is informative, easy to read, and applicable to all who oversee fitness programs for the over 50 individual.

Features: In addition to standard chapters on training principles, the authors include nutritional aspects for senior trainers and also information for special populations such as those with osteoporosis, diabetes, and cardiovascular disease. The book is replete with pictures, graphs, diagrams, and demonstrations of proper/improper training techniques which provide the reader with more than enough information to design and implement a legitimate fitness program for the senior client. At the end of the text are references for each chapter, which lends to the scientific validation of the points presented. These references are up to date and plentiful.

Assessment: This book provides information previously unavailable to the health professional who oversees strengthening or conditioning training for the senior members of the population. I recommend that it be used as a resource in all commercial health facilities as well as rehabilitation clinics where information and advice are dispensed to assist the older individual in physical therapy training.

## **SUBSTANCE ABUSE AMONG OLDER ADULTS #26**

**Author** *FREDERICK BLOW*

**Number of Copies:** 2

**Resource Library Ref:** 715

**CATEGORY:** ALCOHOL/SUBSTANCE ABUSE

## **SUPPORT FOR NATURAL CAREGIVERS #2**

**Author** *ROBERT KOSKELA*

**Number of Copies:** 1

**Resource Library Ref:** 719

**CATEGORY:** CAREGIVER

Child responsibility for supporting parent in nursing homes

## **SUPPORT FOR NATURAL CAREGIVERS #3**

**Author** *T CHANG*

**Number of Copies:** 1

**Resource Library Ref:** 720

**CATEGORY:** CAREGIVER

Natural care giving and frail and functionally impaired elderly in wisconsin: a profile

## **SUPPORT FOR NATURAL CAREGIVERS #4**

**Author** *T CHANG*

**Number of Copies:** 1

**Resource Library Ref:** 721

**CATEGORY:** CAREGIVER

Impact of major public policies and programs on natural care giving: an appraisal

## **SURVIVING YOUR ADOLESCENTS**

**Author** *THOMAS PHELAN*

**Number of Copies:** 1

**Resource Library Ref:** 738

**CATEGORY:** GRANDPARENTING/PARENTING

HOW TO MANAGE AND LET GO OF YOUR 13 - 18 YEAR OLDS

## **SURVIVING YOUR SPOUSE'S CHRONIC ILLNESS**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 585

**CATEGORY:** CHRONIC ILLNESS

## TABERS CYCLOPEDIA MEDICAL DICTIONARY

**Author** F.A. DAVIS

**Number of Copies:** 1

**Resource Library Ref:** 764

**CATEGORY:** HEALTH REFERENCE

From the Publisher

Taber's 19th is Better Than Ever!

Taber's 19th contains detailed illustrations, consisting of beautiful full-color images and precise two-color drawings. Each full-color image supports and is referenced back to a Taber's term. Unlike other dictionaries, Taber's illustrations and tables are cross-referenced from their entries. From accurate anatomical drawings and crystal-clear photographs, to radiologic images and color plates and slides – all the illustrations bring the outstanding definitions in Taber's 19th edition to life!

The new 19th edition of Taber's has more of everything that you have come to expect from the trusted and leading health sciences dictionary -- more definitions, more illustrations, more tables, and simplified language.

Taber's defines more terms than any other health science dictionary. With approximately 56,000 terms in all -- including more than 2,200 NEW terms – Taber's 19th is the most comprehensive health science dictionary available today. Each term was carefully reviewed by a distinguished team of Health Professions and Nursing consultants to ensure that Taber's keeps pace with the rapidly changing health care environment.

### KEY FEATURES:

Taber's 19th contains a broad spectrum of information that ranges from four-color illustrations, to photomicrographs, to detailed definitions. Taber's 19th contains expanded appendices. The following list is a sample of the extensive appendices. See [www.tabers19.com](http://www.tabers19.com) for a complete list.

Nutrition

NEW! - Integrative Therapies: Complementary and Alternative Medicine

Normal Reference Laboratory Values

Units of Measurement (Including SI Units)

Medical Emergencies

Computer Glossary

Health Care Resource Organizations

NEW! - Home Health Care Classifications

Standard and Universal Precautions

What makes Taber's better than other health-care dictionaries?

Includes complementary and alternative medicine (NEW!)

Defines 56,000 terms – over 50% more than other health-care dictionaries!

Offers detailed definitions written in easy-to-understand language

It is much smaller and lighter to carry than other health care dictionaries.

Terms are beautifully illustrated with hundreds of detailed color photographs and illustrations

A message for educators: Taber's is the obvious choice. Here's why...

With a February 2001 publication date, Taber's is the most up-to-date dictionary currently available!

Taber's terms are reviewed by a distinguished team of Health Professions and Nursing consultants to ensure that Taber's keeps pace with the rapidly changing health care environment. Our consultants play an active role in the development of Taber's. They recommend new terms, terms that should be eliminated and carefully review the content of each definition within their specialties. Unique cyclopedic entries provide your students with more than just definitions alone! Taber's definitions include symptoms, etiology, treatments modalities, patient care, and caution statements.

Comprehensive appendices put valuable information at your students' fingertips [click here to review](#).

Unlike other dictionaries, Taber's illustrations are carefully selected to add meaning to the definitions.

## **Taber's Cyclopedic Medical Dictionary Edition 20**

**Author** *F.A. Davis*

**Number of Copies:** 1

**Resource Library Ref:** 2014

**CATEGORY:** HEALTH REFERENCE

Medical Dictionary, Indexed

## **TAKING CARE AFTER 50: A SELF-CARE GUIDE FOR SENIORS**

**Author** *HARVEY COHEN*

**Number of Copies:** 1

**Resource Library Ref:** 359

**CATEGORY:** LIVING LONGER/LONGEVITY

It's never too late to start taking better care of yourself. Study after study has proven that -- no matter what your age -- by taking charge of your health and making even small lifestyle changes, you can help prevent disease and disability and improve the quality of your life. Taking Care After 50 shows you how.

This self-care guide is clearly illustrated and designed for easy reading; it is written by one of the country's most distinguished specialists in geriatrics and reviewed by a team of medical experts at Optum®, a leader in health education, information, and support.

Taking Charge of Your Health: What you need to eat right, stay fit, reduce stress, and more

Common Health Problems: Bottom-line information on symptoms, treatment, and prevention for the most common ailments, including self-care tips and when you should call the doctor

Emergencies and First Aid: A ready reference for taking quick, effective action

Staying Safe: How to protect yourself from accidental injuries, crime, and more

Mental Health: How to stay mentally fit, ease depression, and reduce anxiety

For Men Only and For Women Only: Meaningful information on complex and everyday health and sexuality issues

## **TAKING CARE OF AGING FAMILY MEMBERS: A Practical Guide**

**Author** *W LUSTBADER*

**Number of Copies:** 2

**Resource Library Ref:** 748

**CATEGORY:** CAREGIVER

From the Publisher

Established in its first edition as the definitive guide for family members and professionals on all aspects of caring for the aged, this beautifully written and comprehensive handbook has now been updated and expanded to include more issues of concern to the aged and those who care for them. Unlike other books on caring for the aged, Taking Care of Aging Family Members provides thorough and substantive advice and information on the complete range of psychological, social, and financial issues that face those involved in caring for an older person. This expanded edition includes new sections on spiritual concerns, ethnicity, and self-neglect, as well as updated sections on conflict resolution in families, long-distance caregivers, coping with physical changes, and the woman-in-the-middle who cares for both children and parents. Drawing on their extensive research and practice experience, the authors provide concrete information and suggestions, as well as ready-to-use charts and checklists. They also direct readers to relevant local and national resources. Unlike most other books on caring for the aged, this book includes the standpoints both of the caregiver and of those receiving care and emphasizes the dignity and autonomy of the elderly person. Taking Care of Aging Family Members, revised and expanded, will be essential reading for adult children, spouses and partners of the aged, and friends involved in the care of an older person, as well as for students and professionals in nursing, medicine, physical and occupational therapy, and social work.

## **Thank You for My Dignity**

**Author** *Linda Grable*

**Number of Copies:** 1

**Resource Library Ref:** 2047

**CATEGORY:** AGING AND ITS EFFECTS

They Don't come with an instruction book! How many times have you heard exasperated parents say that? In *Thank You for My Dignity*, Grable shares a journey on which she accompanied her mother, a journey from an active life to the final moment of life. This journey was full of fascinating moments, as well as the heartbreaking ones.

## **The Compassionate Caregiver's Guide to Caring for Someone with Cancer**

**Author** *Bonnie Bajorek Daneker*

**Number of Copies:** 1

**Resource Library Ref:** 2040

**CATEGORY:** CANCER

This book will help you understand both the caregiver role and how to care for yourself when devoting time and attention to someone with cancer. This book will enable you to grasp your new role and set expectations about the lifestyle impacts it may have.

## **The Hospice Handbook**

**Author** *Larry Beresford*

**Number of Copies:** 1

**Resource Library Ref:** 2035

**CATEGORY:** Hospice

In recent years hospice care has gone from a little-known medical alternative to a major movement in health care that has played a leading role in the lives of over 200,000 people. By emphasizing palliative care and pain management rather than curative treatment, hospices allow the terminally ill to spend the last days, weeks or months of their lives in their own homes, cared for by their families under the supervision of a team of specially trained hospice workers that includes doctors, nurses, social workers, and volunteers. The *Hospice Handbook* assures us that the terminally ill do have options and the quality of their lives can still be within their control.

## **THE MAGIC OF HUMOR IN CARE GIVING**

**Author** *JAMES SHERMAN*

**Number of Copies:** 2

**Resource Library Ref:** 552

**CATEGORY:** CAREGIVER

A resourceful tool that shows caregivers how to smile while doing one of life's most demanding jobs. Art Linkletter, radio and television personality says, "This book is priceless! Dr. Sherman has done a remarkable job capturing the essence of one of the most puzzling qualities of human existence!"

"Laughter is music to the soul."

## **The Nursing Home Guide**

**Author** *Joshua Schor*

**Number of Copies:** 1

**Resource Library Ref:** 2044

**CATEGORY:** NURSING HOME CARE

We worry about placing our loved ones in nursing homes or other long-term care facilities--and for good reason. In previous decades, some homes were plagued by scandal. We want to know that our family members will be safe and sound even when we're not nearby 24/7. Here, prominent geriatrician Joshua D. Schor, MD guides you through this emotionally challenging process.

## **The UltraMind Solution**

**Author** *Mark Hyman, M.D*

**Number of Copies:** 1

**Resource Library Ref:** 2061

**CATEGORY:** BRAIN LONGEVITY

Do you have a broken brain? This seems a strange question, but this invisible epidemic affects nearly 1.1 billion people worldwide--one in six children, and one in two older people. One in four will be crippled by it during their lifetime.

If the answer is yes to any of the following, you too may have a broken brain.

--Are you depressed, feeling down, and don't have the drive to do anything?

--Do you find it next to impossible to focus and concentrate on tasks?

--Do you find it hard to remember names or where you left your keys?

--Do you get anxious, worried, or stressed-out frequently?

--Does your mind feel foggy, unable to experience the world clearly?

## **THERAPEUTIC CAREGIVING: A Practical Guide for Caregivers of Persons with Alzheimer's & other dementias**

**Author** *Barbara J. Bridges*

**Number of Copies:** 1

**Resource Library Ref:** 874

**CATEGORY:** CAREGIVER

Written by an R.N. in-home caregiver experience.

Presents therapeutic techniques for keeping persons with dementia more functional, both mentally and physically.

### **Ticklebelly Hill**

**Author** *Hilda Osborne*

**Number of Copies:** 0

**Resource Library Ref:** 1988

**CATEGORY:** GRANDPARENTING/PARENTING

My husband and I are among the many thousands of grandparents who are raising grandchildren. When the children first came to live with us, I was filled with mixed emotions. I was thrilled to have my grandchildren near me, and happy that I was able to provide a safe, stable home for them. At the same time, I was heart-broken that my daughter could not provide a home for her children. The shadow of guilt hung over me, asking what I had done wrong, how should I have done things differently. As a parent, I know I made mistakes. All parents do. Our children, however, are also influenced by the acts of others, acts that we as parents may not become aware of until it is too late.

This book was written for all those grandparents who are raising the children of their children. It is meant to be a light-hearted, yet serious look at life after the grandchildren move in. It is not, however, meant to identify any member of my family. Therefore, all names have been changed.

### **TO GRANDMA'S HOUSE WE STAY**

**Author** *SALLY HOUTMAN*

**Number of Copies:** 3

**Resource Library Ref:** 41

**CATEGORY:** GRANDPARENTING

A timely guide for grandparents who find themselves parenting a second generation of children. Offers practical solutions to real-life problems that families face when traditional roles and relationships are redefined. 223 pages

### **TREASURED MEMORIES**

**Author**

**Number of Copies:** 1

**Resource Library Ref:** 287

**CATEGORY:** AGING AND ITS EFFECTS

Stimulate fond memories and conversation while responding to questions and demonstrating an action. Sample questions include "What is the most memorable sporting event you recall?", "What did you do on your first date?". Sample demonstrations include "Demonstrate how to use a hand-operated sewing machine; how to milk a cow". Includes 48 action and 100 memory cards, playing board and playing pieces for up to 8 players

### **UNDERSTANDING DIFFICULT BEHAVIORS**

**Author** *A ROBINSON*

**Number of Copies:** 1

**Resource Library Ref:** 743

**CATEGORY:** CAREGIVER

THESE MATERIALS WERE WRITTEN FOR CAREGIVERS OF PEOPLE WITH DEMENTING ILLNESSES. CAREGIVERS MAY INCLUDE DIRECT CARE STAFF IN LONG TERM CARE FACILITIES, FAMILIES, AND PROFESSIONALS WORKING WITH FAMILIES AND VICTIMS OF DEMENTIS. THE MATERIALS ARE INTENDED TO HELP CAREGIVERS BETTER UNDERSTAND THE VARIOUS CAUSES OF BEHAVIORS SUCH AS INCONTINENCE AND WANDERING. THE SUGGESTED COPING STRATEGIES HAVE BEEN COMPILED FROM A NUMBER OF SOURCES INCLUDING FAMILIES, ALZHEIMERS ASSOCIATION NEWSLETTERS, BOOKS AND ARTICLES.

## UNDERSTANDING PARKINSON'S DISEASE: A SELF-HELP GUIDE

**Author** DAVID CRAM

**Number of Copies:** 1

**Resource Library Ref:** 158

**CATEGORY:** PARKINSON'S DISEASE

From Kirkus Reviews

A simple, sympathetic guide to coping with a progressive, disabling brain disorder. Physician Cram was diagnosed with Parkinson's disease ten years ago. Here he matches his personal experience with his experiences treating other patients with the disease, the result is real hope for good health. Cram is a firm believer in four elements to self-help: a positive attitude, information about the disease; partnership with a knowledgeable physician, and a willingness to take action, to do the things "that make you feel better, help slow the disability, and keep you as independent as possible for as long as possible." Thus, he first explains the disease: its hallmarks are trembling in the hands, arms, legs, jaw, and face; stiffness and rigidity of the limbs and torso; slowness of movement; and impaired balance and coordination. There are other possible symptoms, from depression to changes in speech. Cram goes on to explain the overall progression of the disease through five stages. The hope he offers is that early self-help and medication may delay or even prevent the later stages. He looks at length at emotional considerations, diet, exercise, and other lifestyle needs, as well as present and possible future medical treatments. Cram also is careful to include practical help and encouragement for caregivers. Kind, practical, and thorough, a valuable starting point.

### What's so funny about getting old?

**Author** Ed Fischer

**Number of Copies:** 1

**Resource Library Ref:** 1184

**CATEGORY:** LAUGHTER

This collection of cartoons, quips, quotes, and insight introduces a new comedy genre: elderhumor. It captures the wry hilarity of our real-life sitcoms. Generational vocabulary gaps, miscommunications, preoccupation with health and comforts, foibles, disguises (for aging), even physical limitations - all can have their funny sides when we're laughing at ourselves.

## WHEN SOMEONE YOU LOVE HAS ALZHEIMERS: The Caregiver's Journey

**Author** Earl A. Grollman

**Number of Copies:** 1

**Resource Library Ref:** 862

**CATEGORY:** ALZHEIMER'S & DEMENTIA CARE

From the Publisher

Self-Help Large Print Edition Here is a gentle, compassionate, easy-to-understand guide for friends and family of people with this devastating illness. It explains: How Alzheimer's is diagnosed and what course it takes Which symptoms can be treated The spiritual and emotional challenges caregivers face How to balance the patient's needs with your own Where and when to seek outside help. A comprehensive resource section completes this comforting book, which should be given to every Alzheimer's family member and friend.

## WHEN THE MAN YOU LOVE WON'T TAKE CARE OF HIS HEALTH

**Author** Kenneth Goldberg

**Number of Copies:** 1

**Resource Library Ref:** 870

**CATEGORY:** CAREGIVER

From the Publisher

Most men fail to follow a healthy lifestyle and have important tests and exams. If your man's not taking good care of himself, before long he is going to be a reluctant visitor to the doctor, whether he likes it or not. And you'll suffer, too - from the worrying, from exhaustion as you become his caregiver, and from high medical bills. In this book, Dr. Goldberg passes along medical information and practical suggestions that can help you make a difference for your man. Presenting authoritative medical information in a lively, realistic, and supportive way, this unique resource addresses the full spectrum of health issues facing all the men in your life, not only your husband or partner, but also your father, father-in-law, or son.

### **Whose Life is it Anyway?**

**Author** *Janice Fialka*

**Number of Copies:** 1

**Resource Library Ref:** 1982

**CATEGORY:** DISABILITIES

How one teenager, her parents, and her teacher view the Transition Process for a Young Person with Disabilities. This publication is a unique exploration of the emotions and relationships between 3 key transition partners: Becky, the youth; her mother and her teacher. It includes taking points for group discussion about relationship building and best practice in adolescent transition. Outcomes include helping all partners raise expectations about what youth with special health care needs can achieve, how to meaningfully involve youth in the process and ultimately, how to better understand each participant's perspectives. Co-authored by national trainer Janice Fialka; Martha Mock, University of Rochester; and Jennifer Wagner Neugart of the Waisman Center.

### **WONDERFUL WAYS/LOVE A GRANDCHILD**

**Author** *JUDY FORD*

**Number of Copies:** 3

**Resource Library Ref:** 79

**CATEGORY:** GRANDPARENTING

Honoring the unique role that grandparents play, this delightfully heartwarming and down-to-earth book offers more than 60 inspiring suggestions for being more than a purveyor of presents, for developing your identity as a grandparent, and for ways to complement and not conflict with parents on issues such as discipline. 147 pages.

### **You and Your Aging Parents**

**Author** *Am Bar Assoc*

**Number of Copies:** 1

**Resource Library Ref:** 2087

**CATEGORY:** CAREGIVER

The American Bar Assoc Guide to Legal, Financial, and Health Care Issues.