

Resource Room Inventory

Books

Aging

Canfield, Jack; Mark Victor Hansen, Paul J. Meyer, Barbara Russell Chesser, and Amy Seeger. Chicken Soup for the Golden Soul. Deerfield Beach. Health Communications. 2000.

“...is a powerful reminder that the quality of life is determined by one’s attitude. A must-read for anyone wishing to enrich their years after sixty!” ~Ruth Matheson

Cohen, Gene. The Creative Age: Awakening Human Potential in the Second Half of Life. New York. Quill. 2000.

“In this fascinating, life-affirming book, Dr. Gene Cohen debunks harmful myths about aging and illuminates the biological and emotional foundations of creativity. He shows how the unique combination of age, experience, and creativity can produce exciting inner growth and infinite potential for everyone.”

Diamond, Jed. Male Menopause. Naperville. Sourcebooks. 1997.

“After years of jokes about the male ‘midlife crisis,’ male menopause is today recognized as a true event, occurring in millions of men between the ages of forty and fifty-five. In this groundbreaking and much-lauded book, author Jed Diamond shows that male menopause involves dramatic chemical and physiological changes that affect everything from a man’s view on life to his ability to attain and maintain an erection.”

Diamond, Jed. Surviving Male Menopause: A Guide for Women and Men. Naperville. Sourcebooks. 2000.

“...offers guidance to and tells the stories of those perhaps as affected by male menopause as men – women. Jed Diamond uses his research and experience as a licensed psychotherapist to examine current medical happenings then focuses on the personal side of this life passage. Its effect on relationships and on the individuals involved is unmistakable. Through the recently rising voices of the men and women experiencing this change, Diamond seeks to show couples how they can emerge on the other side happy, health and fulfilled.”

Downs, Hugh. Fifty to Forever: The complete sourcebook for living an active, involved, and fulfilling second half of life – for you and for those you love. Nashville. Thomas Nelson Publishers. 1994.

“Every American family is affected by the demographic revolution – the aging of our society. Whether this is a positive or negative experience depends upon how well they are prepared. Hugh Downs has assembled a wealth of information to help every family be prepared.” ~Horace B. Deets, Executive Director, American Association of Retired Persons (2 Copies)

Dychtwald, Ken. Age Power: How the 21st century will be ruled by the new old. New

York. Penguin Putnam Inc. 2000.

“Dychtwald explains how unprepared we are for the challenges of a new era in which priorities will be based on the needs and desires of the elderly. He surveys how we each must make individual decisions right now to “age proof” our families and ourselves.”

Galton, Lawrence. Don't Give Up on an Aging Parent. New York. Crown Publishers. 1975.

“If every practicing physician read Mr. Galton's touching book, if every son and daughter or friend of an elderly person read this book – or indeed any elderly person himself or herself – it would dramatically help change the course of growing old in this country from dread to delight.” ~Theodore Cooper, M.D., Deputy Assistant Secretary for Health, Department of Health, Education and Welfare

Hammond Ph.D., Doris. My Parents Never Had Sex: Myths and Facts of Sexual Aging. Buffalo. Golden Age Books. 1987.

“Family, friends, caregivers, and loved ones will identify with many of Dr. Hammond's observations, and will discover more about their own sexuality with the turning of each new page. It is only through an understanding of our own sexual attitudes, and the myths hidden within them, that we can come to understand and appreciate the sexuality of our elders.” (2 Copies)

Hepburn, Katharine. Me: Stories of My Life. New York. Random House. 1992.

“Throwing aside her performing personality, she reveals the person behind the persona in a vivid, unforgettable self-portrait: Katharine Hepburn as we have never seen her before.”

Ilardo, Joseph A. As Parents Age: a Psychological and Practical Guide. Acton. VanderWyk & Byrnham. 1998.

“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.” (2 Copies)

Janis, Martin. The Joys of Aging. Dallas. Word Publishing. 1988.

“...is an upbeat look at what it means to retire, and what it can mean.” (2 Copies)

Jamison Ph.D., Stephen. Final Acts of Love: Families, Friends, and Assisted Dying. New York. G.P. Putnam's Sons. 1995.

“Here for the first time are step-by-step criteria by which patients and caregivers can evaluate their personal situations and consider medical, emotional, spiritual, and communication aspects, quality of life, the potential effects on others, as well as personal values and relationships.”

Kramer, Judy. Changing Places: A Journey with My Parents into Their Old Age. New York. Riverhead Books. 2000.

“When her parents entered a nursing home, Judy Kramer struggled to find ways to balance their ever-increasing needs with her own – and with those of her husband and

grown children. Confronted with new emotional and practical challenges she navigated through a maze of medical bills and paperwork, gained valuable insight from visits with doctors and consultations with elder law attorneys, and found love for her parents in new and often surprising places. It was a difficult journey, and a lonely one. In Changing Places, a book based on her popular newspaper column, she shares what she learned along the way.”(2 Copies)

Kreitlow, Burton and Doris. Creative Planning for the Second Half of Life. Minnesota. Whole Person Associates. 1997.

“Anyone working with mid-life folks will find this comprehensive and creative book welcome therapy for addressing the complex issues of this fast-growing age group.”

Magee M.D., Mike; and Michael D’Antonio. The New Face of Aging. New York. Spencer Books. 2001.

“...offers the latest demographic and scientific news to show that today’s seniors are indeed a healthier, more vital generation. The fact is illness, isolation, and inactivity are not the norms of old age. Indeed, the vast majority of people over 65 live in their own homes and enjoy good health. More than 40 percent say they are enjoying the best years of their lives.”

McBride, Mary. Grandma Knows Best, But No One Ever Listens! New York. Meadowbrook. 1987.

“Ever since anyone can remember, grandmas have been stuck with baby-sitting while parents enjoy a night on the town...or two weeks in the Bahamas. Now there’s help for beleaguered grandmas from Mary McBride, who instructs them on how to ‘scheme, lie, cheat, and threaten so you’ll be thought of as a sweet, darling grandma.”

National Institute on Aging. Bound for Good Health: A Collection of Age Pages. Department of Health and Human Services. 1992.

“Bound for Good Health is a collection of fact sheets that offer practical advice on health-related topics for adults in their middle and older years.”

Nekola, Pat. Elder Activities for People Who Care. Waukesha. Applewood Inc. 2003.

“The purpose of this book is to give information to activity staff personnel to help the elderly have fun while participating in the various activities. Each chapter describes activities for each month of the year. The parties help residents to exercise, reminisce, stimulate sensory skills, and maintain self-esteem. These activities give residents the opportunity to express their past and identify with the world today. “

President’s Council on Physical Fitness and Sports and the Administration on Aging. The Fitness Challenge...in the Later Years. Administration on Aging. 1975.

“This book has been prepared to help the elderly take advantage of the added years of life which medical science is making possible. It outlines methods for maintaining youthful health and energy, and it suggests ways of enhancing the enjoyment of leisure.”

Scott-Maxwell, Florida. The Measure of My Days. New York. Borzoi Books. 1975.
“At eighty-two Florida Scott-Maxwell felt impelled to write about her strong reactions to being old, and to the time in which we live. Until almost the end this document was not intended for anyone to see, but the author finally decided that she wanted her thoughts and feelings to reach others.”

Tallmer Ph.D., Margot. Questions and Answers about Sex in Later Life. Philadelphia. The Charles Press. 1996.
“Because 65 and older is the largest and fastest-growing segment of the population, the recent surge of interest in nearly all aspects of aging is only appropriate. Incredibly, however, one part of later life that has been almost entirely overlooked is the subject of sex. Most people believe that sex is of no interest to older people, that they do not have it and do not want it. Some people believe that sex is inappropriate for older adults. And these attitudes are not only held by younger people; many older people think they are true, too. If you are one of the people who feel this way about the subject of sex among older adults, you need to read this book – you will be surprised!”

Thorton, Willis. The Best of Life. Cambridge. The Riverside Press. 1950
“A collection of poems and writings.”

Vierck, Elizabeth. Fact Book on Aging. Santa Barbara. ABC-CLIO. 1990.
“Here are hundreds of at-your-fingertips facts and statistics on very aspect of aging in America – from housing and health care to travel and leisure, from marital status to living arrangements, from spending habits to community involvement – collected and arranged by a recognized expert in gerontology.”

Walker, Susan. Keeping Active: A Caregiver’s Guide to Activities with the Elderly. San Luis Obispo. Impact Publishers. 1994.
“In a concise, easy-to-read format, it shows caregivers how to use activities to bring greater meaning into the lives of elderly loved ones. A valuable resource for anyone caring for an elderly person, especially those suffering from Alzheimer’s disease, Parkinson’s disease, stroke, or any other noticeable physical or mental loss.”

Alzheimer’s disease

Alterra, Aaron. The Caregiver: A Life with Alzheimer’s. Vermont. Steerforth Press. 1999.
“This book is quite simply the best one I have read on this subject, and I’ve read quite a few. Anyone connected even peripherally to the care of a person with Alzheimer’s should read it. It is both extremely informative and deeply humane, and beyond that it is wonderfully written. A brave and gentle book, which makes a significant contribution to our understanding of this disease, and our loved ones, and of ourselves.” ~Reeve Lindbergh

Castleman, Michael; Dolores Gallagher-Thompson, Ph.D., and Matthew Naythons, M.D.
There’s Still a Person in There: The Complete Guide to Treating and

Coping with Alzheimer's. New York. Berkley Publishing Group. 1999.

"With authority and compassion, (the authors) cover everything from the history of the disorder to its warning signs, stages, and treatments – including new pharmaceuticals and complementary therapies." ~Healthy Living

Dowling, James. Keeping Busy, A Handbook of Activities for Persons with Dementia. Baltimore. Johns Hopkins University Press. 1995.

"In Keeping Busy, James Dowling describes a variety of activities designed to bring meaning and enjoyment to the lives of persons with dementia. The activities are organized according to general categories such as music, exercise, horticulture, pets, humor, and social events."

Edwards, Joellen; Ronald Hamdy, Mary Lancaster, and James Turnbull. St. Louis. Mosby. 1998.

"...contains a wealth of practical information about the effects of Alzheimer's on the patient's day-to-day life. The book offers detailed descriptions of the stages of the disease, the options for treatment, and the effects of other mental and physical characteristics upon the expression of Alzheimer's. It also offers valuable suggestions for approaching issues such as nutrition, sleep habits, and therapy."

Gosselin, Kim. Allie Learns About Alzheimer's Disease. New York. JayJo Books. 2001. "A family story about love, patients, and acceptance."

Grollman, Earl; and Kenneth Kosik, M.D. When Someone You Love Has Alzheimer's: The Caregiver's Journey. Boston. Beacon Press. 1996.

"As one of millions who has suffered with a family member struck by Alzheimer's, I welcome this book's solace and advice for others on this difficult journey. While we hope and fight for a cure that lies in the future, it is also important to deal with the present – and this fine book is here to help." ~ Senator John D. Rockefeller IV (2 Copies)

Hay, Jennifer. Hearing Loss, Questions you have....Answers you need. Pennsylvania. People's Medical Society. 1994.

"...provides the latest information on hearing-aid technology, cochlear implants and other high-tech devices. In addition, the book is filled with tested tips and suggestions designed to help the hearing impaired and their families improve their listening environment and communication strategies."

Hodgson, Harriet. Alzheimer's: Finding the Words, A Communication Guide for Those Who Care. New York. John Wiley and Sons. 1995.

"From the point of view of someone who's been there, Alzheimer's: Finding the Words offers valuable help on how to communicate when communication is a daily struggle. This guide shows how Alzheimer's affects speech-and gives proven, practical advice, based on life experience."

Mace, Nancy; and Peter Rabins. The 36-Hour Day. Baltimore. John Hopkins Press

Health Book. 1999.

“Excellent guidance and clear information of a kind that the family needs....The authors offer the realistic advice that sometimes it is better to concede the patient’s frailties than to try to do something about them, and that a compassionate sense of humor often helps”
~New York Times (2 Copies)

McGowin, Diana Friel. Living in the Labyrinth: A personal journey through the maze of Alzheimer’s. Maine. Throndike Press. 1993.

“This powerful, moving book is the first account written by an Alzheimer’s sufferer. McGowin not only chronicles her battle against a devastating illness, but captures the thoughts that, for her, have become all too fleeting.”

Nekola, Pat. The Alzheimer’s Guide: Activities and Issues for People Who Care. Waukesha. Applewood Inc. 2002

“This handbook is easy to read and understand. Pat’s writing approach is like a one-on-one conversation with a friend that has “been there and done that”. Everyone needs to read this book, we are all dealing with the disease whether on a personal level, or as members of our local communities. It is an informative and warm approach to helping the Alzheimer’s patient live to their fullest and enjoy each day-no matter what their present situation.”

Robinson, Anne; Beth Spencer, and Laurie White. Understanding Difficult Behaviors. Michigan. Eastern Michigan University. 1989.

“These materials were written for caregivers of persons with dementia. Caregivers may include family members as well as staff working in nursing homes, assisted living programs, adult day center programs, home care agencies, hospitals, hospice care and other settings providing care to persons with dementia. The materials are intended to help caregivers understand the many possible explanations for why challenging behaviors may occur.”

Sheridan, Carmel. Failure – Free Activities for the Alzheimer’s Patient. San Francisco. Cottage Books. 1987.

“The purpose of this book is to describe activities which can bring moment-to-moment satisfaction to the Alzheimer’s patient.” (3 Copies)

Warner, Mark L. The Complete Guide to Alzheimer’s Proofing Your Home. West Lafayette. Purdue University Press. 2000.

“...shows how to create a home environment that helps you cope with the difficulties associated with Alzheimer’s and related dementia.” (2 Copies)

Arthritis

Arthritis Foundation. 250 Tips for Making Life with Arthritis Easier. Atlanta. Longstreet Press. 1997.

“Everyone affected by arthritis learns by trial and error how to accomplish common tasks. By reading this book, a person with arthritis can eliminate some frustrations and feel more productive.” ~Bernard R Rubin, D.O.

Caregiving

Aid Association for Lutherans. Taking Care: Easing the Role of the Family Caregiver. Appleton. Aid Association for Lutherans. 1998.

“We need to pay attention to ourselves while we pay attention to all the others who need us. To practice your faith. To ask for help. To take small steps that will ultimately lead to big answers. Aid Association for Lutherans (AAL) offers this book as one of those steps – a place to look when you need help. A place that may lead you to other resources as you contemplate, begin, or continue your caregiving role.” (4 Copies)

Alterra, Aaron. The Caregiver: A Life with Alzheimer’s. Vermont. Steerforth Press. 1999.

“This book is quite simply the best one I have read on this subject, and I’ve read quite a few. Anyone connected even peripherally to the care of a person with Alzheimer’s should read it. It is both extremely informative and deeply humane, and beyond that it is wonderfully written. A brave and gentle book, which makes a significant contribution to our understanding of this disease, and our loved ones, and of ourselves.” ~Reeve Lindbergh

Amarnick D.O., Claude. “Don’t Put Me in a Nursing Home!” Florida. Garrett Publishing, Inc. 2001.

“...can change the way you view aging. It can improve relationships within your family and add quality and quantity to your life or the life of someone you love – whether measured in months, years, or decades.”

Banks, Carolyn; and Janis Rizzo. A Loving Voice: A Caregiver’s Book of Read-Aloud Stories for the Elderly. Philadelphia. The Charles Press. 1992.

“...delightful and varied collection of 52 stories and poems (some previously published) suitable for reading aloud to an elderly listener.” ~Publisher Weekly

Banks, Carolyn; and Janis Rizzo. A Loving Voice II: A Caregiver’s Book of More Read-Aloud Stories for the Elderly. Philadelphia. The Charles Press. 1994.

“...provides a stimulating and intimate way for caregivers to spend quality time entertaining elderly family members, friends and patients with read-aloud material meant to evoke nostalgic memories and happy thoughts.”

Beard, Patricia. Good Daughters: Loving Our Mothers as They Are. New York. Warner Books. 1999.

“In this sensible and inspirational book, she explores the tensions of the mother-daughter relationship, the reality of being old in our society, and the new roles daughters formulate as their mothers grow older.”

Beerman M.S., M.S.W., Susan; and Judith Rappaport-Musson, CSA. Eldercare 911. New York. Prometheus Books. 2002.

“This book is filled with useful tips for the inexperienced caregiver. Most people have little background or expertise in the challenges the authors explore, and Eldercare 911 is a practical guide to navigating the complex world of healthcare options, housing choices, and even how to deal with death and dying.” ~James P. Firman, President and CEO, the National Council on the Aging

Berman, Claire. Caring for Yourself While Caring for your Aging Parents. New York. Henry Hold and Company. 2001.

“For women and men who are involved in caring for aging parents, and for those who see caregiving in their future, this empathetic and practical book focuses on the emotional stresses and needs of caregivers while addressing all the practical issues they are likely to confront.”

Brandt, Avrene. Caregiver’s Reprieve. California. Impact Publishers. 1998.

“...helpful to family caregivers who are seeking practical coping strategies...illustrates the common problems and emotional responses experienced by families...” ~Lynn Friss Feinberg, M.S.W. (2 Copies)

Capossela, Cappy; and Shelia Warnock. Share the Care: How to Organize a Group to Care for Someone Who is Seriously Ill. New York. Simon and Schuster. 1995.

“...offers a sensible and loving solution: a unique group approach that can turn a circle of ordinary people into a powerful caregiver team.”

Davenport, Gloria. Working with Toxic Older Adults: A Guide to Coping with Difficult Elders. New York. Springer Publishing Company. 1999.

“Experienced caregivers will immediately recognize Gloria Davenport’s descriptions of the ‘toxic’ personality; the elder who persistently poisons his own care environment with non-compliant and psychologically abusive behavior. Toxic older adults are often hazardous cases for gerontology professionals: they can destroy care relationships, and even produce co-victimization in their caregivers. Davenport presents ways that care providers can prevent difficult elders from manipulating the caregiver’s energy and interfering with effective practice, relationships and healing.”

Galton, Lawrence. Don’t Give Up on an Aging Parent. New York. Crown Publishers. 1975.

“If every practicing physician read Mr. Galton’s touching book, if every son and daughter or friend of an elderly person read this book – or indeed any elderly person himself or herself – it would dramatically help change the course of growing old in this country from dread to delight.” ~Theodore Cooper, M.D., Deputy Assistant Secretary for Health, Department of Health, Education and Welfare

Greenberg, Vivian. Respecting Your Limits when Caring for Aging Parents. San Francisco. Jossey-Bass Publishers. 1989.

“In this wise and beautifully written 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.” (2 Copies)

Grollman, Earl; and Kenneth Kosik, M.D. When Someone You Love Has Alzheimer’s: The Caregiver’s Journey. Boston. Beacon Press. 1996.

“As one of millions who has suffered with a family member struck by Alzheimer’s, I welcome this book’s solace and advice for others on this difficult journey. While we hope and fight for a cure that lies in the future, it is also important to deal with the present – and this fine book is here to help.” ~ Senator John D. Rockefeller IV (2 Copies)

Grosskopf M.D., Barry. Forgive Your Parents, Heal Yourself: How Understanding Your Painful Family Legacy Can Transform Your Life. New York. The Free Press. 1999.

“An extraordinarily sensitive and compelling psychological narrative that will help all of us who are healers or patients, and thereby strengthen so many families whose members are lucky enough to connect with this book, its great and important wisdom. A gift of heart, mind, and soul...” ~Robert Coles, M.D., Harvard Medical School (4 Copies)

Hodgson, Harriet. Alzheimer’s: Finding the Words, A Communication Guide for Those Who Care. New York. John Wiley and Sons. 1995.

“From the point of view of someone who’s been there, Alzheimer’s: Finding the Words offers valuable help on how to communicate when communication is a daily struggle. This guide shows how Alzheimer’s affects speech-and gives proven, practical advice, based on life experience.”

Ilardo PhD, LCSW, Joseph A.; and Carol R. Rothman, PhD. Are Your Parents Driving You Crazy? Acton. VanderWyk & Burnham. 2001

“...in this practical and helpful book written – with you in mind – by two family-focused therapists. The authors prescribe a simple problem-solving model that proves useful for any dilemma you may encounter as the child of aging parents.” (2 Copies)

Jonas, Susan; and Marilyn Nissenson. Friends for Life: Enriching the Bond Between Mothers and Their Adult Daughters. San Diego. Harvest Book. 1997.

“Drawing on the guidance of psychology professionals, Susan Jonas and Marilyn Nissenson interviewed over one hundred other mothers, asking them about their role as mothers, about their communication with their daughters, about their own needs, and about the issues of independence and support. The result is a wonderfully rich, intensely personal, and nonjudgmental study on mother-daughter relations, one that reveals practical ways for mothers to build lifelong friendships with their daughters.” (2 Copies)

Karpinski, Marion. A Guided Journal for Caregivers. Healing Hearts Communication. 2004.

“A Guided Journal for Caregivers provides a variety of tools to help caregivers reduce stress, increase well-being and enjoy creative expression. According to studies, writing

about life challenges and how we feel about them improves mental and physical health. This guided journal contains a variety of exercises designed to help caregivers connect with and express their deeper feeling through writing.”

Kramer, Betty J.; and Edward H. Thompson, Jr. Men as Caregivers: Theory, Research, and Service Implications. New York. Springer Publishing Company. 2002.

“This volume addresses the fundamental gap in our knowledge and theories about the growing male subpopulation of caregivers. The authors identify the serious limitations that result from viewing men caregivers through the lens of women’s experiences and call for an unbiased and fresh perspective in future research.”

Larkin, Marilyn. When Someone You Love has a Stroke. New York. Dell Publishing. 1995.

“If someone you love has had a stroke, you, the caregiver, need straightforward, compassionate advice. This Dell Caregiving Guide provides you with the information you need during the days ahead, including the latest medical facts from health care professionals – and insider’s tips from other caregivers. It also helps you care for yourself so that you stay strong, healthy, and positive during this challenging time.”

Lustbader, Wendy. Counting on Kindness: The Dilemmas of Dependency. New York. The Free Press. 1991.

“While there have been several books offering advice about physical and financial arrangements for family members caring for aging relatives or those with chronic illness, few have discussed the feelings of those who are receiving care. Vividly illustrated with true stories and quotations from both dependents and caregivers, Counting on Kindness explores issues of power and dependency and shows how to regain a sense of power and purpose while dependent on others.”

Lustbader, Wendy; and Nancy R. Hooyman. Taking Care of Aging Family Members: A Practical Guide. New York. The Free Press. 1994.

“We kept the book on our kitchen table for the whole three years of my mother’s illness. We read some sections over and over again, whenever we needed guidance or just plain reassurance that we were doing the right thing.” ~A caregiver (2 Copies)

Marcell, Jacqueline. Elder Rage – or – Take My Father...Please! How to Survive Caring For Aging Parents. California. Impressive Prints. 2001.

“I have consulted families with aging issues for over 25 years, and the problem of anger in dementia is one of the toughest. Jacqueline’s story is a valuable resource that offers guidance and inspiration.” ~ Dr. John W. Gibson, DSW, MSW, MS

Marosy, John Paul. Elder Care: A Six Step Guide to Balancing Work and Family. Bringing Home Elder Care. 2002.

“The purpose of this guide is to provide insight and guidance for the employee who is – or soon will be – arranging care for an older parent or loved one who is sick or disabled.

If you find yourself involved in elder care, take heart! You are not alone. Today, family caregiving is an increasingly common situation. In fact, one of four

McCall, Junietta Baker. Grief Education for Caregivers of the Elderly. New York. The Haworth Pastoral Press. 2000.

“Through firsthand accounts and research, this informative guide focuses on the education, training, and support of individuals who care for the elderly. It provides caregivers with methods to cope with grief and loss and will help educators design programs that meet the needs of their consumers: the elderly and their families, friends, and service providers.”

McFarlane, Rodger. The Bedside Companion: A No-Nonsense Guide to Caring for the Seriously Ill. New York. Fireside Book. 1998.

“Drawing on the experiences of dozens of ordinary people who have cared for relatives and friends ill or dying from cancer, Alzheimer’s disease, heart disease, stroke, emphysema, diabetes, AIDS, and other serious conditions – along with the practical wisdom of distinguished medical, legal, financial, and psychological experts – this sound, compassionate guide provides field-tested advice on every aspect of caring for the sick.”
(2 Copies)

McLeod, Beth Witrogen. Caregiving: The Spiritual Journey of Love, Loss, and Renewal. New York. John Wiley and Sons. 1999.

“Framed by the author’s personal odyssey as a caregiver and richly informed by the inspiring and poignant tales of others, Caregiving explores medical and financial problems, all aspects of spirituality, and such issues as depression, stress, housing, home care, and end-of-life concerns. A rare blend of powerful storytelling and practical information.”

Meyer, Maria; with Paula Derr, RN. The Comfort of Home: An Illustrated Step-by-Step Guide for Caregivers. Portland. CareTrust Publications LLC. 1998.

“...will soon become the bible for the vast majority of loving, but untrained and unskilled family members providing care for their loved ones.” ~ Doody’s Health Science Book Review Journal

Mezey, Mathy. The Encyclopedia of Elder Care. New York. Springer Publishing Company. 2001.

“...a truly comprehensive encyclopedia in which the selection of title entries accurately mirrors the field of aging as a mosaic made up of diverse, dynamic, and interrelated disciplines, professions, organizations, issues, and programs.” ~Journal of Applied Gerontology

Morris, Virginia. How to care for Aging Parents. New York. Workman Publishing. 1996.

“...tackles all of the tough subjects: from how to avoid becoming your parent’s “parent”, to understanding what happens to the boy in old age, to getting help finding a nursing home – to preparing for the time to say good-bye. When love is not enough, it’s in

indispensable source of information and support. Includes a complete yellow pages of resources.” (3 Copies)

National Family Caregivers Association. The Resourceful Caregiver: Helping Family Caregivers Help Themselves. St. Louis. Mosby Lifeline. 1996.

“...was created by family caregivers for family caregivers, by people who know what it is like to care for and about a loved one with chronic illness or disability.” (2 Copies)

Samples, Pat. Daily Comforts for Caregivers. Minneapolis. Fairview Press. 1999.

“Daily Comforts for Caregivers helps bring peace of mind to those struggling with the responsibilities of caring for someone with chronic or long-term health problems. The 366 daily meditations offer compassionate reassurance and gentle encouragement in simple, down-to-earth language.”

Schiff, Harriet Sarnoff. How did I Become my Parent’s Parent? New York. Penguin Books. 1996.

“More than ever before, families face the practical and emotional challenges of caring for aged or disabled parents. This insightful book looks at this role reversal through the eyes of both parent and adult child – the “Chadult.” It leads us through the pertinent questions and concerns that will arise.” (2 Copies)

Sherman Ph.D., James. Coping with Caregiver Worries. Minnesota. Pathway Books. 1998.

“Coping with Caregiver Worries is very comforting and practical. Comforting because it expresses many feelings and issues experienced by caregivers; practical because the simple strategies suggested by Dr. Sherman are clearly defined, individually highlighted, and easy to implement. This is particularly helpful for caregivers who typically don’t have much time to sift and sort.” ~James J. Burns, Family Care Coordinator, New York Fingerlakes Developmental Disabilities Service Office, Newark, NY.

Sherman Ph.D., James. Creative Caregiving. Minnesota. Pathway Books. 1994.

“...written in a straightforward, appealing style that allows caregivers to use the books at their own pace. Dr. Sherman clearly recognizes the many emotional facets of caregiving and offers timely, useful information about coping strategies and caregiving techniques” ~Edna L. Ballard, ACSW, Senior Fellow, Duke University Center for the Study of Aging and Human Development.

Sherman Ph.D., James. The Magic of Humor in Caregiving. Minnesota. Pathway Books. 1995.

“...valuable for both caregivers and stroke survivors as they proceed as ‘partners’ on the road to recovery. This book, which is enjoyable and easy to read, stresses the importance of laughter and positive humor in coping with day-to-day activities.”

Sherman Ph.D., James. Positive Caregiver Attitudes. Minnesota. Pathway Books. 1994.

“...an uplifting treasury of practical information for those of us who care deeply about our loved ones and want to maintain a sense of perspective while giving care.”

Sherman Ph.D., James. Preventing Caregiver Burnout. Minnesota. Pathway Books. 1994.
“...a dynamite tool for teaching...lots of material...excellent resource for workshops or study guide for support groups. This series is loaded with ideas to help caregivers take control and take care of their lives.” ~Mary Flynn, Social Worker and Caregiver of a stroke survivor

Visiting Nurse Associations of America. Caregiver’s Handbook: A Complete Guide to Home Health Care. New York. DK Publishing. 1998.

“Addresses the needs of the caregiver, offering constructive guidance and emotional support. Features basic nursing procedures and essential first-aid information. Advises on a wide range of equipment for greater independence and comfort.”

Wilkinson, James. A Family Caregiver’s Guide to Planning and Decision Making for the Elderly. Minneapolis. Fairview Press. 1999.

“Whether you’re a caregiver or an aging adult, the forms and checklists throughout this book will help you keep track of essential information, plan for the future, and make the right decisions to ensure a safe and health living environment.”

Drug and Alcoholism

Barry, Kristen Lawton. Alcohol Problems in Older Adults: Prevention and Management. New York. Springer Publishing Company. 2001.

“This manual provides state-of-the-art, practical materials to detect, prevent, and intervene with older adults who are at-risk and problem drinkers. It provides the first systematic, practical approach for working with the growing vulnerable population of older adults who use alcohol at risk levels often unnoticed in everyday clinical practice.”

Department of Health and Human Services. Promoting Older Adult Health. Maryland. Substance Abuse and Mental Health Services Administration.

“This publication is designed to help older adults gain access to needed substance abuse and mental health services by promoting new linkages between well-known, trusted, and heavily utilized providers of aging services and relevant substance abuse and mental health services.” (3 Copies)

Future Planning

Baines M.D., Barry. Ethical Wills: Putting your Values on Paper. Cambridge. Perseus Books. 2002.

“Full of practical and inspirational advice on creating this powerful document, Ethical Wills is your guide to ensuring that what you hold most dear is ‘on record’, not to be lost or forgotten.”

Chapin, Donald. You Earned It. Now Keep It! A Common Sense Guide to Senior Planning. Chapin Law Offices. 2003.

“...an easy-to-understand guide to estate planning for seniors and their families. Following his seven step process, you’ll learn the smart way to plan for your future. Starting with the information-gathering process, he’ll give you ideas on what aspects to consider when planning ahead and where to get the crucial information you need.”

Kapp, Marshall. Geriatrics and the Law: Understanding Patient Rights and Professional Responsibilities. New York. Springer Publishing Company. 1999.

“It is the most comprehensive volume available on the topic. The book provides clearly written legal and ethical principles and their implications and applications.” ~Elias S. Cohen, JD

Nader, Ralph. You and Your Pension. New York. Grossman Publishers. 1973.

“...is a book about the deplorable failure of many private pension plans to fulfill the hopes they inspire. Consumers Union believes that it is a book for all concerned consumers, whether they participate in private pension programs or not.”

Norlander, Linda. Choices at the End of Life: Finding out What Your Parents Want Before it’s too Late. Minneapolis. Fairview Press. 2001.

“A book to guide the end of life planning.”

Wilkinson, James. A Family Caregiver’s Guide to Planning and Decision Making for the Elderly. Minneapolis. Fairview Press. 1999.

“Whether you’re a caregiver or an aging adult, the forms and checklists throughout this book will help you keep track of essential information, plan for the future, and make the right decisions to ensure a safe and health living environment.”

Health

Arthritis Foundation. 250 Tips for Making Life with Arthritis Easier. Atlanta. Longstreet Press. 1997.

“Everyone affected by arthritis learns by trial and error how to accomplish common tasks. By reading this book, a person with arthritis can eliminate some frustrations and feel more productive.” ~Bernard R Rubin, D.O.

Brinker, Nancy. The Race is Run One Step at a Time: Every Women’s Guide to Taking Charge of Breast Cancer and My Personal Story. Arlington. The Summit Publishing Group. 1995.

“...is a clear, honest, and forceful book. It should be read by all women who have breast cancer, but it also deserves the attention of everyone who relates, in one way or another, to patients with the disease.” ~Bernard Fisher, M.D.

Department of Health and Human Services. Promoting Older Adult Health. Maryland. Substance Abuse and Mental Health Services Administration.

“This publication is designed to help older adults gain access to needed substance abuse and mental health services by promoting new linkages between well-known, trusted, and

heavily utilized providers of aging services and relevant substance abuse and mental health services.” (3 Copies)

Hay, Jennifer. Hearing Loss, Questions you have....Answers you need. Pennsylvania. People’s Medical Society. 1994.

“...provides the latest information on hearing-aid technology, cochlear implants and other high-tech devices. In addition, the book is filled with tested tips and suggestions designed to help the hearing impaired and their families improve their listening environment and communication strategies.”

Hutton M.D., Ph.D., J. Thomas; and Raye Lynne Dippel, Ph.D. Caring for the Parkinson Patient. New York. Prometheus Books. 1999.

“Caring for the Parkinson Patient is an indispensable resource guide for all those touched by Parkinson’s Disease. With a wealth of information, encouragement, and practical advice, this book offers much-needed hope to patients, families, and caregivers alike.” (2 Copies)

Kondracke, Morton. Saving Milly: Love, Politics, and Parkinson’s disease. New York. Public Affairs. 2001.

“Saving Milly is Kondracke’s powerfully moving chronicle of his vital and volatile marriage; one that has endured and deepened despite the devastating physical and emotional effects of chronic, progressive, and as-yet incurable disease. It is also the inspiring, remarkably frank story of his own transformation from careerist to caregiver and disease activist – a process that has deepened his religious faith.” (3 Copies)

Larkin, Marilyn. When Someone You Love has a Stroke. New York. Dell Publishing. 1995.

“If someone you love has had a stroke, you, the caregiver, need straightforward, compassionate advice. This Dell Caregiving Guide provides you with the information you need during the days ahead, including the latest medical facts from health care professionals – and insider’s tips from other caregivers. It also helps you care for yourself so that you stay strong, healthy, and positive during this challenging time.”

National Institute on Aging. Bound for Good Health: A Collection of Age Pages. Department of Health and Human Services. 1992.

“Bound for Good Health is a collection of fact sheets that offer practical advice on health-related topics for adults in their middle and older years.”

President’s Council on Physical Fitness and Sports and the Administration on Aging. The Fitness Challenge...in the Later Years. Administration on Aging. 1975.

“This book has been prepared to help the elderly take advantage of the added years of life which medical science is making possible. It outlines methods for maintaining youthful health and energy, and it suggests ways of enhancing the enjoyment of leisure.”

Long Term Care

Amarnick D.O., Claude. “Don’t Put Me in a Nursing Home!” Florida. Garrett Publishing, Inc. 2001.

“...can change the way you view aging. It can improve relationships within your family and add quality and quantity to your life or the life of someone you love – whether measured in months, years, or decades.”

Burger, Sarah Greene; Virginia Fraser, Sara Hunt, and Barbara Frank. Nursing Homes: Getting Good Care There. San Luis Obispo. American Source Books. 1996.

“You want the best possible care for your loved one who lives in a nursing home – and this consumer action guide will help you get it. You’ll find dozens of specific strategies in this book, including questions to ask, checklists, standards of care, detailed examples, patient’s rights.” (6 Copies)

Kane D.S.W., Rosalie; and Robert Kane, M.D. Long-Term Care: Principles, Programs, and Policies. New York. Springer Publishing Company. 1987.

“This comprehensive volume presents a thorough overview of current long-term care (LTC) systems, including nursing home care, adult day care, respite care, and programs for those living in their own homes. The authors describe the challenges of providing care to the frail elderly, reviewing evidence about the effectiveness of a wide variety of programs, and differentiating appropriate target groups for services.” (2 Copies)

Kramer, Judy. Changing Places: A Journey with My Parents into Their Old Age. New York. Riverhead Books. 2000.

“When her parents entered a nursing home, Judy Kramer struggled to find ways to balance their ever-increasing needs with her own – and with those of her husband and grown children. Confronted with new emotional and practical challenges she navigated through a maze of medical bills and paperwork, gained valuable insight from visits with doctors and consultations with elder law attorneys, and found love for her parents in new and often surprising places. It was a difficult journey, and a lonely one. In Changing Places, a book based on her popular newspaper column, she shares what she learned along the way.”(2 Copies)

Manning, Doug. When Love Gets Tough: The Nursing Home Decision. Texas. In-Sight Books. 1983.

“This book carries the hope of people discovering the normal feelings experienced while making this important decision. If it helps people feel normal and relieves guilt then the book will have fulfilled the dream of the author.”

Mental Health

Bartocci, Barbara. Nobody’s Child Anymore: Grieving, Caring, and Comforting When Parents Die. Notre Dame. Sorin Books. 2000.

“This is a book of true stories, the author’s own and that of friends. Each poignant vignette captures an important moment. But it doesn’t end there. For each story there is

'A Step Forward,' offering a practical suggestion on how to cope with your loss and find new meaning beyond grief."

Becker, Ernest. The Denial of Death. New York. The Free Press. 1973.

"A profound synthesis of theological and psychological insights about man's nature and his incessant efforts to escape the burden of life – and death....It is hard to over estimate the importance of this book; Becker succeeds brilliantly in what he sets out to do, and the effort was necessary." ~The Chicago Sun-Times

Brandt, Avrene. Caregiver's Reprieve. California. Impact Publishers. 1998.

"...helpful to family caregivers who are seeking practical coping strategies...illustrates the common problems and emotional responses experienced by families..." ~Lynn Friss Feinberg, M.S.W. (2 Copies)

Callanan, Maggie; and Patricia Kelly. Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying. New York. Bantam Books. 1992.

"...in this moving and compassionate book, they share their intimate experiences with patients at the edge of life. Through these stories you'll come to appreciate the near-miraculous ways in which the dying communicate their needs, reveal their feelings, and even choreograph their own final moments; you'll gain new insight into the leave-taking process; and in the end you'll discover the gifts – of wisdom, faith and love – that the dying leave for us to share."

Davenport, Gloria. Working with Toxic Older Adults: A Guide to Coping with Difficult Elders. New York. Springer Publishing Company. 1999.

"Experienced caregivers will immediately recognize Gloria Davenport's descriptions of the 'toxic' personality; the elder who persistently poisons his own care environment with non-compliant and psychologically abusive behavior. Toxic older adults are often hazardous cases for gerontology professionals: they can destroy care relationships, and even produce co-victimization in their caregivers. Davenport presents ways that care providers can prevent difficult elders from manipulating the caregiver's energy and interfering with effective practice, relationships and healing."

Felber, Marta. Grief Expressed, When a Mate Dies. Arkansas. LifeWords. 1997.

"...is an excellent resource that should be provided to every widow and widower! Through its sensitive reality brings tears, its practical wisdom provides the courage and assurance that healing is possible and grief can be turned in positive directions." ~ Andrea Gambill, Editor, Bereavement magazine

Golant, Susan and Mitch. What to Do When Someone You Love Is Depressed: A Practical, Compassionate, and Helpful Guide. New York. Henry Holt and Company. 1996.

"This book is addressed to the friends and family of a depressed person and offers guidance on how to keep one's own spirits up and at the same time to do what is best to help a loved one get through a difficult time."

Jamison Ph.D., Stephen. Final Acts of Love: Families, Friends, and Assisted Dying. New York. G.P. Putnam's Sons. 1995.

"Here for the first time are step-by-step criteria by which patients and caregivers can evaluate their personal situations and consider medical, emotional, spiritual, and communication aspects, quality of life, the potential effects on others, as well as personal values and relationships."

McCall, Junietta Baker. Grief Education for Caregivers of the Elderly. New York. The Haworth Pastoral Press. 2000.

"Through firsthand accounts and research, this informative guide focuses on the education, training, and support of individuals who care for the elderly. It provides caregivers with methods to cope with grief and loss and will help educators design programs that meet the needs of their consumers: the elderly and their families, friends, and service providers."

McLeod, Beth Witrogen. Caregiving: The Spiritual Journey of Love, Loss, and Renewal. New York. John Wiley and Sons. 1999.

"Framed by the author's personal odyssey as a caregiver and richly informed by the inspiring and poignant tales of others, Caregiving explores medical and financial problems, all aspects of spirituality, and such issues as depression, stress, housing, home care, and end-of-life concerns. A rare blend of powerful storytelling and practical information."

Mosher-Ashley, Pearl, and Phyllis Barrett. A Life Worth Living: Practical Strategies for Reducing Depression in Older Adults. Baltimore. Health Professions Press. 1997.

"...provides complete explanations of how to implement a therapeutic plan using each intervention. Revealing case studies demonstrate their efficacy. Whether you're working with older adults, living independently, or in congregate care settings, you can begin implementing depression-reducing programs today..."

Pipher, Mary. Another Country: Navigating the Emotional Terrain of our Elders. New York. The Berkley Publishing Group. 1999.

"Another Country is a field guide to this rough terrain for a generation of baby boomers who are finding themselves unprepared to care for those who have always cared for them." (2 Copies)

Secunda, Victoria. Losing your Parents, Finding Your Self: the Defining Turning Point of Adult Life. New York. Hyperion. 2000.

"This book is not about grief. It's about the astounding and unexpected changes that occur in people when parents die. Over and over again, Secunda surprised me with insights and possibilities that I hadn't thought of. Losing Your Parents, Finding Your Self should be required reading not only for parents and adult children, but for psychologists, lawyers, and financial planners, who deal with death's repercussions, too." ~Jane Bryant Quinn, Newsweek columnist (2 Copies)

Sherman Ph.D., James. Coping with Caregiver Worries. Minnesota. Pathway Books. 1998.

“Coping with Caregiver Worries is very comforting and practical. Comforting because it expresses many feelings and issues experienced by caregivers; practical because the simple strategies suggested by Dr. Sherman are clearly defined, individually highlighted, and easy to implement. This is particularly helpful for caregivers who typically don’t have much time to sift and sort.” ~James J. Burns, Family Care Coordinator, New York Fingerlakes Developmental Disabilities Service Office, Newark, NY.

Retirement

Atchley, Robert C. The Sociology of Retirement. New York. Schenkman Publishing Company Inc. 1976.

“...can be of value to students and teachers of sociology. But it is more than a textbook. Because of its clear organization and informal style, the book will be of interest to everyone who is, or ever will be, retired.”

Chapin, Donald. You Earned It. Now Keep It! A Common Sense Guide to Senior Planning. Chapin Law Offices. 2003.

“...an easy-to-understand guide to estate planning for seniors and their families. Following his seven step process, you’ll learn the smart way to plan for your future. Starting with the information-gathering process, he’ll give you ideas on what aspects to consider when planning ahead and where to get the crucial information you need.”

Janis, Martin. The Joys of Aging. Dallas. Word Publishing. 1988.

“...is an upbeat look at what it means to retire, and what it can mean.” (2 Copies)