

# Library Resources on Aging in Health and Illness

## Overviews



**Age Well!: A Cleveland Clinic Guide** (2007) by Robert Palmer.

**Healthy Aging for Dummies** (2008) by Brent Again & Sharon Perkins.

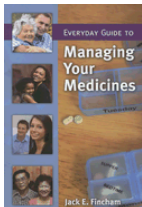
**The Mayo Clinic Plan for Healthy Aging** (2006) edited by Edward Creagan.

**Stay Healthy, Live Longer, Spend Wisely: Making Intelligent Choices in America's Health Care System** (2008) by Davis Liu.

## Self Care & Daily Activities

**100 Questions & Answers about Communicating with Your Healthcare Provider** (2009) by John & Cynthia King.

**The Driving Dilemma: The Complete Resource Guide for Older Drivers and Their Families** (2006) by Elizabeth Dugan.



**Everyday Guide to Managing Your Medicines** (2008) by Jack Fincham.

**The Harvard Medical School Guide to a Good Night's Sleep** (2007) by Lawrence Epstein.

**How to Avoid Falling: A Guide for Active Aging and Independence** (2004) by Eric Fredrikson.

**Improving Your Memory: How to Remember What You're Starting to Forget** (2005) by Janet Fogler and Lynn Stern.

## Exercise, Fitness and Nutrition

**30 Minutes a Day to a Healthy Heart: One Simple Plan to Conquer All Six Major Threats to Your Heart** (2007) Frederic Vagnini & Selene Yeager.



**Eating Well for a Healthy Heart Cookbook: A Cardiologist's Guide to Adding Years to Your Life** (2008) by Philip Ades.

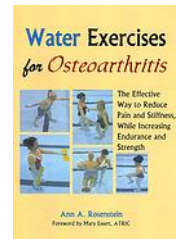
**Fit at Fifty and Beyond: A Balanced Exercise and Nutrition Program** (2009) by Michael Gloth.

**Fitness after 40: How to Stay Strong at Any Age** (2009) by Vonda Wright.

**Fitness Walking** (2005) by Therese Iknioan.

**The New American Plate Cookbook: Recipes for a Healthy Weight and a Healthy Life** (2005) by the American Institute for Cancer Research.

**Water Exercises for Osteoarthritis: The Effective Way to Reduce Pain and Stiffness, While Increasing Endurance and Strength** (2007) by Ann Rosenstein.



## OSF Center for Health Resource Library

8800 N. Route 91  
Peoria, IL 61615  
Phone: 309-683-5309  
Fax: 309-683-5312  
Email: <mailto:sfmclibrary@osfhealthcare.org>  
Website: <http://library.osfhealthcare.org/healthinfo.asp>

### Library Information

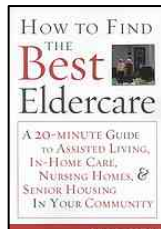
Hours: Monday — Friday, 8:00 AM — 4:30 PM  
Closed Noon—12:30

Information requests taken by phone  
Materials check out for 4 weeks—no special card required—materials may be returned by US Mail

This is only a selected list of Library resources on this topic. If you don't see what you are looking for, please ask, or stop in and browse the collection.

## Medicare, Planning, & Financial

**The Essential Hospital Handbook: How to Be an Effective Partner in a Loved One's Care** (2009) by Patrick Conlon.



**How to Find the Best Eldercare** (2009) by Marilyn Rantz & Mary Zwygart-Stauffacher.

**Medicare Prescription Drug Coverage for Dummies** (2008) by Patricia Barry.

**Navigating the Healthcare Maze: What You Need to Know** (2009) by Jeff Knott.

**The Social Security & Medicare Handbook: What You Need to Know Explained Simply** (2008) by V.R. Leonard.

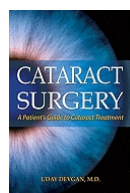
**Understanding Your Living Will: What You Need to Know Before a Medical Emergency** (2006) by Ferdinando Mirarchi.

## Conditions Related to Aging

**100 Questions & Answers about Osteoporosis and Osteopenia** (2006) by Ivy Alexander & Karla Knight.

**Arthritis: 300 Tips for Making Life Easier** (2009) by Shelley Peterman Schwarz.

**The Family Guide to Surviving Stroke and Communication Disorders** (2008) by Dennis Tanner.



**Cataract Surgery: A Patient's Guide to Cataract Treatment** (2009) by Uday Devgan.

**Chest Pain: When & When Not to Worry** (2009) by Albert Miller

**Living with Coronary Heart Disease: A Guide for Patients and Families** (2008) by Jerome Granato.

**Macular Disease: Practical Strategies for Living with Vision Loss** (2008) by Peggy Wolfe.

**Mayo Clinic 5 Steps to Controlling High Blood Pressure** (2008) edited by Sheldon G. Sheps.

**Parkinson's Disease: An Complete Guide for Patients and Family** (2007) by William Weiner *et al.*

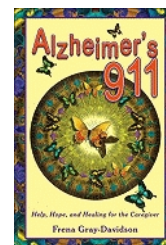
**Restless Legs Syndrome** (2007) by Mark Buchfuhrer *et al.*

**You Can Cope with Peripheral Neuropathy: 365 Tips for Living a Better Life** (2009) by Mims Cushing & Norman Latov.

## Alzheimer's & Memory Loss

**The 36-Hour Day: A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life** (2006) by Nancy Mace & Peter Rabins.

**Alzheimer's 911: Help, Hope, and Healing for the Caregiver** (2009) by Frena Gray-Davidson.



**The Alzheimer's Action Plan: The Experts' Guide to the Best Diagnosis and Treatment for Memory Problems** (2008) by P. Murali Doraiswamy & Lisa Gwyther.

**A Caregiver's Guide to Alzheimer's Disease: 300 Tips for Making Life Easier** (2006) by Patricia Callone *et al.*

**What If It's Not Alzheimer's: A Care Giver's Guide to Dementia** (2008) by Lisa Radin & Gary Radin.

## On the Lighter Side!

**Always My Grandpa: A Story for Children about Alzheimer's Disease** (2006) by Linda Scacco.

**Chicken Soup for the Golden Soul: Heartwarming Stories for People 60 and Over** (2000) compiled by Jack Canfield.

**I Can Survive: For the Survivor in Each of Us** (2007) by Jennifer Allen.

**The Sunshine on My Face: A Read-Aloud Book for Memory-Challenged Adults** (2005) by Lydia Burdick.



**You're Only Old Once!** (1986) by Dr. Seuss.