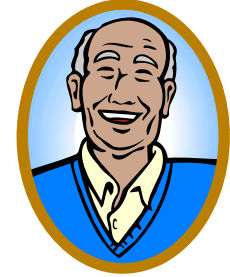




# Resources for Seniors at Scarborough Public Library



Below is a sampling of what the Library has to offer:

## Books

### **155.67 COH**

Cohen, Gene D. *The Mature Mind : The Positive Power of the Aging Brain*. New York: Perseus Books Group, 2005.

### **264 DEG**

DeGidio, Sandra. *Prayer Services for the Elderly : Giving Comfort and Joy*. Mystic, CT: Twenty-Third Publications, 1996.

### **291.4 SEN**

Paul, Mary B. *Senior Perspectives : Spirituality*. Portland, ME: University of Southern Maine, 1999.

### **305.24 POG**

Pogrebin, Letty Cottin. *Getting over Getting Older : An Intimate Journey*. Boston: Little, Brown, 1996.

### **305.244 COH**

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

### **305.26 SNO**

Snowdon, David. *Aging with Grace : What the Nun Study Teaches Us about Leading Longer, Healthier, and More Meaningful Lives*. New York: Bantam Books, 2001.

**305.26 VAI**

Vaillant, George E. *Aging Well : Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development*. Boston: Little, Brown, 2002.

**305.26 WEA**

**AUDIO BK 305.26 WEA**

Weaver, Frances. *The Girls with the Grandmother Faces: A Celebration of Life's Potential for those Over 55*. New York: Hyperion, 1996.

**305.26 WEA**

Weaver, Frances. *I'm Not as Old as I Used to Be : Reclaiming your Life in the Second Half*. New York: Hyperion, 1997.

**306.3 SCH**

Schlossberg, Nancy K. *Retire Smart, Retire Happy : Finding Your True Path in Life*. Washington, D.C: American Psychological Association, 2003.

**306.7 FOL**

Foley, Sallie and Fisher, Jeffrey. *Sex & Love for Grownups : A No-nonsense Guide to a Life of Passion*. New York: Sterling Publishing, 2005.

**306.874 DEL**

Delehanty, Hugh and Ginzler, Elinor. *Caring for your Parents : the Complete AARP Guide*. New York: Sterling, 2005.

**306.874 RUS**

Rust, Mike. *Taking Care of Mom & Dad : The Money, Politics and Emotions that Come with Supporting your Parents*. Los Angeles, CA: Silver Lake Publishing, 2003.

### **346.7301 STR**

Strauss, Peter J. and Lederman, Nancy M. *The Elder Law Handbook : A Legal and Financial Survival Guide for Caregivers and Seniors*. New York: Facts on File, 1996.

### **362.1 BOR**

Bornstein, Robert F and Languirand, Mary A. *When Someone You Love Needs Nursing Home Care : The Complete Guide*.

New

York: Newmarket Press, 2001.

### **362.1 CON**

Lieberman, Trudy. *Consumer Reports Complete Guide to Health Services for Seniors*. New York: Three Rivers Press, 2000.

### **612.6 SCH**

Schneider, Edward L. and Miles, Elizabeth. *Ageless : Take Control of Your Age and Stay Youthful for Life*. Emmaus, PA: Rodale, 2003.

### **612.6 WEI**

Weil, Andrew. *Healthy Aging : A Lifelong Guide to your Physical and Spiritual Well-being*. New York: Alfred A. Knopf, 2005.

### **613 CHO**

Chopra, Deepak and Simon, David. *Grow Younger, Live Longer : 10 Steps to Reverse Aging*. New York: Harmony Books, 2001.

### **613 DOL**

Dollemore, Doug. *The Doctors Book of Home Remedies for Seniors : An A-to-Z Guide to Staying Physically Active, Mentally Sharp, and Disease-free*. Emmaus, PA: Rodale Press, 1999.

### **613 MER**

Jones, Thomas V. *The Merck Manual of Health & Aging*.

Whitehouse Station, NJ: Merck Research Laboratories, 2004.

**613 ROS**

Rosenfeld, Isadore. *Live Now, Age Later : Proven Ways to Slow Down the Clock*. New York, NY: Warner Books, 1999.

**613.0438 FRE**

Fredrikson, Eric. *How to Avoid Falling : A Guide for Active Aging and Independence*. Buffalo, NY: Firefly Books, 2004.

**613.7 FIT**

*Fitness over Fifty : An Exercise Guide from the National Institute on Aging*. New York: Healthy Living Books, 2003.

**613.9 SHE**

Sheehy, Gail. *Sex and the Seasoned Woman : Pursuing the Passionate Life*. New York: Random House, 2006.

**616.7 BOH**

Bohme, Karine and Budden, Frances. *The Silent Thief : Osteoporosis, Exercises, and Strategies for Prevention and Treatment*. Buffalo, NY: Firefly Books, 2001.

**616.7 RIC**

**LARGE TYPE 616.7 RIC**

Richards, Ann and Levine, Richard U. *I'm Not Slowing Down : Winning my Battle with Osteoporosis*. New York: Dutton, 2003.

**618.97 MIL**

Miller, Mark D. and Reynolds, Charles F. *Living Longer Depression Free : A Family Guide to Recognizing, Treating, and Preventing Depression in Later Life*. Baltimore: Johns Hopkins University Press, 2002.

**646.7 CUL**

Cullinane, Jan and Fitzgerald, Cathy. *The New Retirement : The Ultimate Guide to the Rest of your Life*. Emmaus, Pa:

Rodale, 2004.

### **646.7 DOU**

Doudera, Victoria. *Where to Retire in Maine*. Rockport, ME: Down East Books, 2003.

### **646.7 FRE**

Freudenheim, Ellen. *Looking Forward : An Optimist's Guide to Retirement*. New York: Stewart, Tabori & Chang, 2004.

### **646.7 PRA**

Vallasi, George, A. *The Practical Guide to Aging : What Everyone Needs to Know*. New York: New York University Press, 1997.

### **646.7 SIL**

Silverstone, Barbara and Hyman, Helen. *Growing Older Together: A Couple's Guide to Understanding and Coping with the Challenges of Later Life*. New York: Pantheon Books, 1992.

### **646.7 VAN**

Vandervelde, Maryanne. *Retirement for Two*. New York: Bantam Books, 2004.

### **646.79 SAV**

Savageau, David. *Retirement Places Rated : What you Need to Know to Plan the Retirement you Deserve*. 6th ed. Hoboken, NJ: Wiley, 2004.

### **649.8 MEY**

Meyer, Maria N. and Derr, Paula. *The Comfort of Home : An Illustrated Step-by-Step Guide for Caregivers*. 2nd ed. Portland, OR: CareTrust Publications LLC, 2002.

### **811 VIO**

Viorst, Judith. *I'm too Young to be Seventy : And other Delusions*. New York: Free Press, 2005.

## Videos

### **DVD 613.7 STR**

Lewett, Linda. *Stretching for Seniors*. Total Content, 2005.

### **VHS 613.71 ARM**

Bernstein, Beth. *Armchair Fitness : Strength Improvement*.  
Silver Spring, MD: CC-M Productions, 1994.

### **VHS 613.71 ARM**

Bernstein, Beth. *Armchair Fitness : Gentle Exercise*. Silver  
Spring, MD: CC-M Productions, 1994.

### **VHS 613.7148 TAI**

Johnson, Mark. *Tai Chi for Seniors : Self Healing Through  
Movement*. Huntington Station, NY: National Syndications,  
1993.

## Magazines and Newspapers

*Elder Hostel Catalog*  
*Senior News*

**Updated 2/27/06**