

Finding Senior Health Information

Items in the Library Collection

Books:

- The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease and Other Dementias (A Johns Hopkins Press Health Book), 6th edition, - Nancy L. Mace, 2017
- Being Mortal: Medicine and What Matters in the End - Atul Gawande
- Eightysomethings: A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness - Katharine Esty, PhD
- Eldercare 101: A Practical Guide to Later Life Planning, Care, and Wellbeing - Mary Jo Saavedra, et al
- Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life - Louise Aronson (Regular & Large Print)
- Estate Planning Basics, 9th edition - Denis Clifford, Attorney, 2017
- Getting Real About Getting Older: Conversations About Aging With Wisdom and Joy - Linda K. Stroh, PhD & Karen K. Brees, PhD
- The Green Book: A Resource Guide to Programs and Services for Older Adults and Persons with Disabilities - Elder Services of the Merrimack Valley, Inc. & The Green Book Online
- Growing Old: Notes on Aging With Something Like Grace - Elizabeth Marshall Thomas
- A Loving Approach to Dementia Care: Making Meaningful Connections With the Person Who Has Alzheimer's Disease or Other Dementia or Memory Loss - Laura Wayman
- Make Your Own Living Trust, 13th edition - Denis Clifford, Attorney, 2017
- Maximize your Medicare: Qualify for Benefits, Protect your Health, and Minimize your Costs - Jae W. Oh, MBA, CFP.
- Medicare & You 2020 - Centers for Medicare and Medicaid Services - regular and Large Print editions
- Social Security, Medicare & Government Pensions: Get the Most Out of Your Retirement & Medical Benefits - Joseph L. Matthews, Attorney - NOLO, 2019
- Successful Aging: A Neuroscientist Explores the Power and Potential of Our Lives - David J. Levitin
- Women Rowing North: Navigating Life's Currents and Flourishing as We Age - Mary Pipher (Regular & Large Print)

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Items in the Library Collection

Books: Large Print collection includes: fiction, mystery, westerns, romance, science fiction, knitting, gardening, travel, history, investing, genealogy, health, etc.

Audio and Video:

PlayAways and Audiobooks on CD

Understanding Your Medicare Options, presented by Gerald Lodge
DVD from Chelmsford Telemedia, 2019

Miscellaneous:

Favorite things : Dog Reminiscence by MEternally - (other Memory kits available)

Many of the items on this handout will be available on our traveling Pop-Up Library truck!

Library of Things collection: Walker, Wheelchair, Light Therapy Lamp

Electronic eBooks:

O'Reilly eBooks online, e.g., My Health Technology for Seniors - Lonzell Watson

Electronics:

GPad5 - LG Tablet and Hotspot - Contact Vickie Turcotte to check out a senior tablet, 978-256-5521 x1106 or vturcotte@chelmsfordlibrary.org

Game of Nines: Brain Games (Sudoku puzzles) - (other Spark Launchpads available)