

## Caring in the Cumberlandds

### **PHYSICAL WELLNESS RESOURCES**

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#### **REFERENCE LIST:**

**A Life Worth Living – Practical Strategies for Reducing Depression in Older Adults, by Pearl M. Moser-Ashley PhD**

**Aging in a Changing Society, by James A. Thorson**

**A Teaching Manual for Instructor Training in an Alternative Water-Based Relaxation Exercise Program for Older Adults, by Robyn Riel Nail**

**Aquatic Education Association Magazine**

**Fitness of Older Adults Association Magazine**

**Keep on Driving – Driver Fitness by Reed Karain; AARP Bulletin**

**Lifelong Fitness Alliance**

**100 Great Things About Growing Older by, Dorothy Daley-McCrum**

**“Making Music” – is like chocolate to the brain, Encore Magazine**

**Re-Creating Neighborhoods for Successful Aging, by Abbott, Carman, Carman, Scarto**

**Reach for it! - A Handbook of Health, Exercise and Dance Activities for Older Adults by, David Corbin, Josie Metal-Corbin**

**Restorative Care – Being a Motivator, (DVD) by, Barbara Resnick PhD**

**Seasons – A Magazine for Senior Adults – Fitness after 50 by, CRMC**

**Still Kicking - Restorative Groups for frail Older Adults by, Abbey Brown Watson ; MSW**

**Take Action- for Diabetes Management – Physical Activity by, Takeda Pham. Of America, Inc**

**The Art of Living: Growing Older With Grace - (DVD)**

**The Sunshine on My Face and Wishing on a Star by, Lydia Burdock, MA**

**Today's Seniors – Supplement to Herald Citizen, June 2007**