

Caring in the Cumberlandds 2010

General Resources

Books:

The Wellness Book, Herbert Benson & Eileen M. Stuart, c. 1992 Simon & Schuster

The Relaxation Response, Herbert Benson, c. 1975 (www.harpercollins.com)

The Savvy Senior, Jim Miller, c.2004 Hyperion Books

Stages of Senior Care, Paul & Lori Hogan, c. 2010 McGraw Hill

Passages in Caregiving: Turning Chaos into Confidence, Gail Sheehy, c. 2010 G. Merritt Corp. Harper Collins Publishers

The Complete Eldercare Planner – Revised, Updated Edition, Joy Loverde, c.2009 Three Rivers Press-Crown Publishing

Periodicals/Computer:

AARP Magazine & Monthly Bulletin & CreateTheGood.org web site & www.aarpfraudfighters.org

Oprah.com –O, The Oprah Magazine & Spirit Newsletter for stress management techniques

Get Mom Moving: Activities for the Mind, Body & Soul
<http://www.getmommoving.com/fears-aboutaging/?print=true>

Magazines: Today's Caregiver www.caregiver.com, \$18.00 year for 6 magazines-1-800-829-2734

Caring Today caringtoday.com, \$8.95 year for 4 magazines
1-203-254-0783 Ext. 101