



GENERAL RESOURCES

BOOKS:

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

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

Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions by Paul Hogan and Lori Hogan, c. 2009 McGraw Hill

The Complete Eldercare Planner, Revised and Updated Edition: Where to Start, Which Questions to Ask, and How to Find Help,

by Joy Loverde (Author), c.2009 Three Rivers Press-Crown Printing

Passages in Caregiving: Turning Chaos into Confidence

by Gail Sheehy, C. 2010 G. Merritt Corp., Harper Collins Publishers

Periodicals/Computer:

AARP Magazine & Monthly Bulletin www.aarpfraudfighters.org

Create The Good: Community Service, Volunteering www.CreateTheGood.org

Get Mom Moving: Activities for the Mind, Body & Soul www.getmommoving.com

Caring Today: Help Yourself, Help Others www.caringtoday.com

Today's Caregiver, www.caregiver.com