

**Leisure and Aging: Ulyssean Living in Later Life, 5th ed.**  
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# Resources

**SAGAMORE**  
P U B L I S H I N G

## Resources

### Websites

<http://nihseniorhealth.gov/exerciseforolderadults/healthbenefits/01.html>

Comprehensive interactive website on senior health from the National Health Institute

<http://www.livestrong.com/search/?mode=standard&search=Seniors>

A website about mental and physical fitness with many resources for older adults

<http://www.helpguide.org/index.htm>

The after 50 section provides information on health, caregiving, housing and dementia.

<http://www.cdc.gov/aging/>

Website from the Centers for Disease Control and Prevention, with a wealth of resources on older adults

<http://www.ncoa.org/get-involved/resources-for-older-adults.html>

Online resources for older adults and caregivers from the National Council on Aging

<http://go4life.nia.nih.gov/>

An website with from the National Institute on Aging at NIH, designed to motivate older adults to fit exercise and physical activity into daily life.

<http://www.eatright.org/Public/list.aspx?TaxID=6442452015>

A website from the Academy of Nutrition and Dietetics, providing information and recommendations for healthy eating.

<http://www.nia.nih.gov/health/publication/healthy-eating-after-50>

guidelines and resources on nutrition, feeding issues, food safety and money management issues from the National Institute on Health

<http://recipefinder.nal.usda.gov/>

Searchable database of recipes submitted by nutrition and health professionals and organizations.

<http://snap.nal.usda.gov/professional-development-tools/hot-topics-z/nutrition-older-adults>

Information and resources for nutrition education efforts with older adults, including Dietary Reference Intakes (DRIs), statistics, reports and guidelines, brochures, and online tools.

[Http:// www.lumosity.com](http://www.lumosity.com)

Web based cognitive training program

<http://iphone.pandaapp.com/news/05082013/024405898.shtml#.UiPB5yy9KSM>

Features suggestions on helpful apps for older adults

<http://www.myageingparent.com/>

Web support for caregivers, with information on health, technology, finances, etc.

<http://www.abledata.com>

ABLEDATA is a federally funded project whose primary mission is to provide information on assistive technology and rehabilitation equipment available from domestic and international sources to consumers, organizations, professionals, and caregivers within the United States.

<http://www.resnaprojects.org/nattap/at/stateprograms.html>

State Assistive Technology Act programs are federally funded agencies that work to improve the provision of assistive technology to individuals with disabilities of all ages. Aside from coordinating services, the state centers work towards public awareness and provide training and technical assistance, working to provide individuals with disabilities and their family members, guardians, and advocates.

[http://www.aarp.org/research/academic\\_affairs/](http://www.aarp.org/research/academic_affairs/)

Resources for teaching gerontology from AARP's Office of Academic Affairs  
Powerpoints

<Http://www.slideshare.net/JanethBuhawe/aging-powerpoint>

Presentation on aging process

[Http://www.aging-and-disability.org/documents/normal\\_aging\\_process.ppt](Http://www.aging-and-disability.org/documents/normal_aging_process.ppt)

Normal Aging Process - Aging and Disability

<http://www.brandeis.edu/lifespaninitiative/events/slides.html>

PowerPoint from the inaugural conference on Lifespan Initiative on Healthy Aging

[http://www.nationalserviceresources.org/filemanager/download/06\\_MultiState\\_Conf/B6OverviewoftheAgingProcess.ppt](http://www.nationalserviceresources.org/filemanager/download/06_MultiState_Conf/B6OverviewoftheAgingProcess.ppt)

Overview of the Aging Process. Related. Health Changes and Challenges

<http://www.fnih.org/events/cognitive-aging-summit>

Cognitive Aging Summit's speaker presentation: by Carol Barnes, Ph.D., Cognitive Aging: What Do We Know? What's Next?

<http://sriechman.tamu.edu/649/Aging/Aging%20Exercise.ppt>

Aging and exercise

<http://www.lsuagcenter.com/NR/rdonlyres/5131510B-1610-478B-889E-F5F83554B881/79567/>

<AgingMythsandFactsPowerPoint.ppt>

Facts and myths of aging

<http://www.geriatria.unimo.it/LEZIONI%20MUSSI/Lezione%20Mussi%204.ppt>

Theories of Aging. Nancy V. Karp, Ed.D., P.T.

<http://www.ndsu.edu/ndsu/aging/mentalhealth/toolkit3/Module%203.PPT>

Mental Health Issues in Later Life.

[http://crea.berkeley.edu/01-22\\_UCB\\_Emerit\\_lect.ppt](http://crea.berkeley.edu/01-22_UCB_Emerit_lect.ppt)

What is Aging?

<http://www.aapina.org/oldsite/GERO/resources/documents/Slides%20UnravelingtheMystery.ppt>

From National Institute on Aging, Alzheimer's Disease

<http://www.cdihp.org/aging.html>

Aging and Disability. By Center for Disabilities and the Health Professions and Rehabilitation Research and Training Center on Aging with a Disability

[http://cte.unt.edu/content/files/HS/curriculum/Psychosocial Aspects of Aging.ppt](http://cte.unt.edu/content/files/HS/curriculum/Psychosocial%20Aspects%20of%20Aging.ppt)

Psychosocial Aspects of Aging

<http://www.downstate.edu/geriatricfellowship/documents/AgingandDevelopmentLecturePPT.pdf>

Aging Trends

[https://sph.uth.edu/mleland/Pages/Symposium/Revised%20PPT/Session%20III/HuberLifestyle Patterns of Older Adults.ppt](https://sph.uth.edu/mleland/Pages/Symposium/Revised%20PPT/Session%20III/HuberLifestyle%20Patterns%20of%20Older%20Adults.ppt)

Activity and Lifestyle Patterns of Older Adults

<http://www.leverageinc.org/ATWebinar/ATLeisure/Leisure%20and%20Rec%20Webinar.ppt>

Assisting Technology and Older Adults

<http://www.ndsu.edu/ndsu/aging/mentalhealth/toolkit3/Module%203.PPT>

Mental Health Issues in Late Life

### **Spontaneous:**

Video (at the Mayo Clinic): <http://www.youtube.com/watch?v=RI-l0tK8Ok0>

Video (interview with the couple): <http://www.youtube.com/watch?v=TUma-9YC32Y>

### **Interviews/aging in the news**

#### **Race, Ethnicity, Aging:**

Video1: <http://www.pbs.org/lifepart2/watch/season-2/ethnicity-race-aging>

Reading: <http://www.asaging.org/blog/diversity-and-our-common-future-race-ethnicity-and-older-american>

Reading: [http://www.washingtonpost.com/local/baby-boomers-are-killing-themselves-at-an-alarmed-rate-begging-question-why/2013/06/03/d98acc7a-c41f-11e2-8c3b-0b5e9247e8ca\\_story.html](http://www.washingtonpost.com/local/baby-boomers-are-killing-themselves-at-an-alarmed-rate-begging-question-why/2013/06/03/d98acc7a-c41f-11e2-8c3b-0b5e9247e8ca_story.html)

Reading: <http://www.examiner.com/article/addressing-native-american-spirituality-health-care>

Reading: <http://www2.brandonu.ca/library/cjns/16.1/Stiegelbauer.pdf>

#### **Maia:**

Video: <http://vimeo.com/31733784>

#### **Climbing:**

Video1: <http://www.youtube.com/watch?v=0yIPe0ctiLo>

Video2: <http://www.youtube.com/watch?v=V0k0mkUzqRc>

Reading: [http://abcnews.go.com/International/japanese-octogenarian-oldest-man-reach-summit-mount-everest/story?id=19238945#.UZ4bet3Ur\\_J](http://abcnews.go.com/International/japanese-octogenarian-oldest-man-reach-summit-mount-everest/story?id=19238945#.UZ4bet3Ur_J)

#### **Art:**

Video: <http://www.youtube.com/watch?v=hISgojxPNBY>

Reading (and video): <http://jezebel.com/your-morning-happy-cry-97-year-old-grandpa-creates-gor-903189356>

### **Dance:**

#### **Video1 - Hip op-eration crew:**

<http://www.youtube.com/watch?v=lvXxzI50cZg> (music video)

<http://video.au.msn.com/watch/video/hip-op-eration-crew-take-on-vegas/xkxaf49> (behind the scenes)

<http://www.youtube.com/watch?v=n26W-OWcjC4>

Reading: <http://www.hipop-eration.com/>

Video2: <http://www.youtube.com/watch?v=lsp24YCeWv4>

Reading: <http://www.martinkeogh.com/resources/OldGrowth.html>

### **Beauty of aging:**

Video (trailer of a documentary): <http://www.youtube.com/watch?v=IVuwTs56lJg>

Video (trailer of a documentary): <http://www.youtube.com/watch?v=VZ4p6STzAGY>

Reading: <http://seniorplanet.org/beauty-and-wisdom-talking-to-photographer-robbie-kaye/>

### **Dating:**

Video: <http://www.kansascw.com/kscw/news/kwch-news-kah-75yearold-woman-moves-to-wichita-for-love-20120214.0.2340551.story>

### **Yoga:**

Video: <http://www.youtube.com/watch?v=AmtALIQ0LVU&feature=share>

### **Various:**

Video1: <http://www.kptv.com/story/20553684/93-year-old-inspiring-others-to-work-out>

Video2: <http://www.click2houston.com/news/90-year-old-Senior-Olympian-still-shines/-/1735978/16002680/-/10qdcnznz/-/index.html>

### **Short Readings**

Silver sisters: [http://www.nytimes.com/2013/01/25/booming/not-selling-gray-hair-short.html?\\_r=2&](http://www.nytimes.com/2013/01/25/booming/not-selling-gray-hair-short.html?_r=2&)

Motorbike: [http://www.nytimes.com/2012/09/14/us/trikes-three-wheeled-motorcycles-on-rise-as-riders-age.html?\\_r=2&smid=fb-share&](http://www.nytimes.com/2012/09/14/us/trikes-three-wheeled-motorcycles-on-rise-as-riders-age.html?_r=2&smid=fb-share&)

Pasadena-area folks: <http://www.pasadenastarnews.com/opinion/20120906/larry-wilson-if-youre-a-certain-age-it-takes-a-pasadena-village>

Getting older might be awesome: <http://www.cnn.com/2012/06/19/health/enayati-aging-brain-innovation/index.html>

Elderly in your country: [http://www.slate.com/blogs/quora/2013/05/30/in\\_your\\_country\\_what\\_is\\_the\\_role\\_of\\_elderly\\_people.html?wpisrc=newsletter\\_jcr%3Acontent](http://www.slate.com/blogs/quora/2013/05/30/in_your_country_what_is_the_role_of_elderly_people.html?wpisrc=newsletter_jcr%3Acontent)