



2023
EDITION

SENIORS AND AGING

QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES





Better informed to live better.

ABOUT

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of 182 member municipalities and corporations, for a total of 320 autonomous libraries. Biblio-Santé is available in more than 660 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

Biblio-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

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VISIT OUR WEBSITE

You will find all of the Biblio-Santé booklets and additional information.

bibliosante.ca

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2023 and will be updated on an annual basis.

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HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Santé thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria.

First, the booklets are carefully designed to primarily meet the needs and interests of health system users and caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information.

With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver.

Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Santé, please visit bibliosante.ca/criteria



CAREGIVERS

CAREGIVERS BOOKLET

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

OTHER BOOKLETS AVAILABLE



ALZHEIMER'S DISEASE



AUTISM SPECTRUM DISORDER



BEREAVEMENT



CANCER



CHRONIC PAIN



DIABETES



END-OF-LIFE CARE



HEART DISEASE AND STROKE



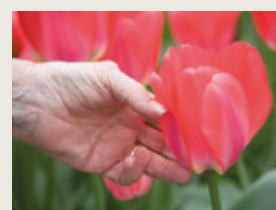
INTELLECTUAL DISABILITY



MENTAL HEALTH



MULTIPLE SCLEROSIS



PARKINSON'S DISEASE



PHYSICAL DISABILITY



PULMONARY DISEASE



SENIORS AND AGING

RESOURCE DIRECTORY

ORGANIZATIONS AND ASSOCIATIONS

General

ELDER LAW CANADA

Phone 514 289-9198
The Elder Law Clinic 514 934-2463
Website www.elderlawcanada.ca/en/

A mobile, *pro bono* legal clinic serving seniors throughout the province as well as those who play a major role in the life of older people (families, professionals, legal representatives) on questions and problems related to aging.

ASSOCIATION DES GRANDS-PARENTS DU QUÉBEC (AGPQ)

Phone 514 745-6110
Toll free 1 866 745-6110
Website www.grands-parents.qc.ca

The Grandparents Association of Québec is a national organization dedicated to defending the rights and the interests of grandparents, grandchildren and extended families. The AGPQ offers a helpline, political representation, support and individual assistance as well as legal information. Website in French.

L'APPUI POUR LES PROCHES AIDANTS

Toll free
(Caregiver Support) 1 855 852-7784
Website www.lappui.org/en

The 17 regional Appui offices offer a professional helpline as well as support and reference services tailored to the needs of caregivers serving seniors. Each region provides information, training and respite services. Caregiver Support is a free and confidential phone consultation which aims to provide caregiver support, help you through the different steps, and offer guidance on resources available in your community. The website also includes a directory in which you can search by region and type of need required (respite, psychosocial support, etc.).

LIGNE AIDE ABUS ÂÎNÉS (LIGNE AAA)

Phone 514 489-2287
Toll free 1 888 489-2287
Website www.aideabusaines.ca/en/

The Ligne Aide Abus Âînés (Ligne AAA) is a provincial telephone and reference service specialized in elder abuse. The AAA phone number service is available to various clienteles: public at large, professionals and elder abuse trainers.

LITTLE BROTHERS

Phone 514 527-8653
Toll free 1 866 627-8653
Website www.petitsfreres.ca/en/

Little Brothers (Les Petits Frères) is an organization which focuses on relieving loneliness among the 75 years and older who live alone by offering home visits, volunteer matching, outings, celebrations, etc. You can contact Little Brothers to make arrangements for someone you know to benefit from fraternity services, or to become a volunteer for upcoming activities. The organization is active in several regions in Quebec.

QUEBEC ASSOCIATION OF SENIOR CENTRES (QASC)

Phone 438 386-9944, extension 101
Toll free 1 844 672-7222
Website www.aqcca.org

QASC is the only provincial association representing senior centres across Quebec. It plays a key role in the representation and support of approximately sixty of these centres. You will find the list of QASC members on the website, under the tab “Nos membres”. Website in French.

REGROUPEMENT QUÉBÉCOIS DES RÉSIDENCES POUR ÂÎNÉS (RQRA)

Phone 514 526-3777
Toll free 1 888 440-3777
Website www.rqra.qc.ca

The Quebec Seniors Housing Group brings together private residences for independent seniors and those with loss of autonomy. You will find a directory of Quebec Seniors Housing Group residences and resources to facilitate your research on their website. Website in French.

RÉSEAU FADOQ

Phone 514 252-3017
Toll free 1 800 544-9058
Website www.fadoq.ca

The Réseau FADOQ brings together and represents people aged 50 and over while offering them recreation programs and various services. It has 16 regional branches and over 800 clubs.

INTERNET RESOURCES

A few tips for critically assessing information found on the Internet

THE SOURCE OF THE INFORMATION (AUTHOR OR AUTHORS)

- Who created the site?
- Is it possible to obtain information about the author or the owner of the site?
- Is it a government or university site or one belonging to a recognized organization?

THE QUALITY OF THE INFORMATION SOURCE

- What is the objective (to inform or sell)?
- Are the sources referenced?
- Are there links to similar sources (to verify the accuracy and objectivity of the information)?
- How frequently is the information updated?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.

General

ASTHMA CANADA – LIVING WELL WITH ASTHMA: A GUIDE FOR ASTHMA IN OLDER ADULTS

https://asthma.ca/wp-content/uploads/2020/02/Asthma_Canada_Seniors_Booklet_EN_DIGITAL1-3.pdf

This guide is for adults of advanced age who have asthma. It contains a lot of information to facilitate the management of this disease.

CANADA MORTGAGE AND HOUSING CORPORATION – AGING IN PLACE

www.cmhc-schl.gc.ca/en/developing-and-renovating/accessible-adaptable-housing/aging-in-place

This page explains how to change or customize your residence to accommodate your ever-changing needs.

ÉDUCALOI – SENIORS: A SHORT GUIDE

www.educaloi.qc.ca/en/web-guide/seniors

Éducaloi has created this special guide to explain important issues that touch seniors in particular. It has information on housing, family law, fraud, estate planning, health care, wills and many more topics.

FONDATION DU BARREAU DU QUÉBEC AND ÉDUCALOI – LEGAL GUIDE FOR SENIORS

www.fondationdubarreau.qc.ca/wp-content/uploads/2016/10/ainesEN.pdf

This guide provides general information on various topics such as dignity, incapacity, housing, health care, and wills.

GOVERNMENT OF CANADA

Canada Pension Plan (CPP) retirement pension

www.canada.ca/en/services/benefits/publicpensions/cpp.html

Information about retirement planning, public and registered pensions, RRSPs, RRIFs, retirement income calculator and more.

Seniors

www.canada.ca/en/employment-social-development/corporate/seniors.html

Find information and resources relating to programs and initiatives such as elder abuse awareness, National Seniors Day and the New Horizons for Seniors Program.

Seniors Online

<https://www.getcybersafe.gc.ca/en>

This page provides information on how to stay safe when using computers and the Internet.

GOVERNEMENT DU QUÉBEC**Mistreatment of older adults**

<https://www.quebec.ca/en/family-and-support-for-individuals/violence/mistreatment-of-older-adults>

Elder abuse can occur in all environments, but it is often rarely recognized or denounced or it is kept quiet. It can also take different forms, such as physical, psychological, emotional, sexual, material or financial abuse.

Programs and services for seniors

<https://www.quebec.ca/en/family-and-support-for-individuals/seniors/programs-services-for-seniors>

This guide contains information on the different programs and services for seniors, offered by government departments and agencies.

HEALTH CANADA – HEALTHY LIVING: SENIORS

www.canada.ca/en/health-canada/services/healthy-living/seniors.html

This website provides information on healthy eating, injury prevention, oral health, physical activity and smoking cessation.

RÉGIE DE L'ASSURANCE MALADIE

Domestic Help

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help>

The Financial Assistance Program for Domestic Help Services allows you to benefit from a reduction in the hourly rate charged for domestic help services by social economy businesses. These services include housekeeping work, laundering, meal preparation and accompanying you when shopping. On this page, you will find the steps to follow when requesting domestic help.

Domestic help social economy businesses

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/domestic-help/social-economy-businesses>

On this page, you will find a directory of social economy businesses providing domestic help recognized by the Ministère de la Santé et des Services sociaux.

RÉSEAU FADOQ

Senior-Aware

www.aineavise.ca/en/home

Senior-Aware is the first awareness program on elder abuse and fraud. Through information sessions, a police officer and a volunteer meet with seniors in their living environment to answer their questions and refer them to appropriate resources.

RÉSEAU QUÉBÉCOIS DES OSBL D'HABITATIONS – TROUVER UN LOGEMENT

<https://rqoh.com/foire-aux-questions/>

This section of the RQOH website answer various questions about housing NPOs and the process to follow to live there. Website in French.

RETRAITE QUÉBEC – PLANNING YOUR RETIREMENT

www.rrq.gouv.qc.ca/en/planification/Pages/planification.aspx

Homepage of the “Planning your retirement” section, which discusses financial planning for retirement.

REVENU QUÉBEC – SENIORS

www.revenuquebec.ca/en/citizens/your-situation/seniors/

This page contains all the information you need to know about available tax credits for seniors in Quebec.

REVENU QUÉBEC – TAX CREDITS

This site provides information on different tax credits and on financial support.

Amount for a severe and prolonged impairment in mental or physical functions

<https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/>

Disabled individuals

<https://www.revenuquebec.ca/en/citizens/your-situation/disabled-individuals/>

Refundable tax credit for medical expenses

<https://www.revenuquebec.ca/en/citizens/tax-credits/refundable-tax-credit-for-medical-expenses/>

Tax credit for caregivers

<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/>

Work premium tax credit

<https://www.revenuquebec.ca/en/citizens/tax-credits/work-premium-tax-credits/>

ROYAL CANADIAN MOUNTED POLICE - SENIORS GUIDEBOOK TO SAFETY AND SECURITY

www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security

This guide is intended for seniors, family members, friends, caregivers and to anyone who might find it useful. It contains information which aims to respond to general concerns related to safety of the elderly. It mainly aims to make the risks to which seniors are exposed known so that they can protect themselves and thus improve their quality of life.

SANTÉ MONTRÉAL – STAND UP! PROGRAM

<https://santemontreal.qc.ca/en/public/support-and-services/fall-prevention-stand-up/>

The Stand up! program is part of a continuum of services that aims to prevent falls and fractures among autonomous seniors who live in the community and who are concerned about falls or their balance. The program is offered by professionals in several CLSC across Quebec.

SOCIÉTÉ DE L'ASSURANCE AUTOMOBILE DU QUÉBEC (SAAQ)

Seniors and road safety

<https://saaq.gouv.qc.ca/en/road-safety/client-groups/seniors>

Even if you have been driving for several years, this website will provide you with lots of practical information and answers to your questions. You will find information about health and safety of seniors on the road, precautions with medication, grandchildren and car safety, among others.

Seniors Drivers and their Caregivers

<https://saaq.gouv.qc.ca/fileadmin/documents/publications/senior-drivers.pdf>

Brochure to encourage those close to the seniors to stay on the lookout for telltale signs of unsafe driving.

SOCIÉTÉ D'HABITATION QUÉBEC

<http://www.habitation.gouv.qc.ca/repertoire.html>

The directory of organizations allows you to search among the SHQ's partners and agents, according to certain criteria such as the name of the organization, the type of clientele, including seniors, the administrative region, etc. Website in French.

TRIBUNAL ADMINISTRATIF DU LOGEMENT – ELDERS

www.tal.gouv.qc.ca/en/being-a-lessee/elders

The Tribunal administratif du logement is the specialized court that the elders and owners can contact to know their rights and obligations as well as to settle their disagreements related to the lease. Previously known as Régie du logement.

WEB ACCESSIBILITY INITIATIVE - TOOLS AND TECHNIQUES

<https://www.w3.org/WAI/people-use-web/tools-techniques/>

This page introduces some of the techniques and tools that people with disabilities use to interact with the web – web browser settings, text-to-speech, voice recognition, and many more.

HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

GOVERNMENT OF CANADA – HEALTH

www.canada.ca/en/services/health.html

Offers reliable, easy-to-understand health and safety information for Canadians.

GOUVERNEMENT DU QUÉBEC – HEALTH

www.quebec.ca/en/health/

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec's health services.

MAYO CLINIC

www.mayoclinic.org/patient-care-and-health-information

The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

MEDLINEPLUS

www.medlineplus.gov

MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

HEALTH DATABASES

Open access databases

Here is a selection of resources to help you find relevant information. **The databases below are accessible at no charge and no subscription is required.**

PUBMED CENTRAL

www.ncbi.nlm.nih.gov/pmc

PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

In order to access the BanQ databases, you must subscribe to remote services.

To subscribe: www.banq.qc.ca/formulaires/abonnement

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: <http://numerique.banq.qc.ca/apropos/debuter.html>

E-CPS (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE

<http://numerique.banq.qc.ca/ressources/details/6020>

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

MAGILL'S MEDICAL GUIDE

<http://numerique.banq.qc.ca/ressources/details/5809>

Magill's Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.

READING SUGGESTIONS

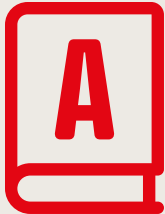
YOUR LIBRARY DOESN'T
HAVE THE BOOK THAT YOU
ARE LOOKING FOR?

LEARN ABOUT THE
LOAN SERVICE BETWEEN LIBRARIES.

YOUR LIBRARY CAN THEN OBTAIN
THE DOCUMENT YOU WOULD LIKE
FROM ANOTHER LIBRARY.

Books available in different formats

Did you know that you can borrow books in different formats for free from your libraries?



LARGE PRINT BOOKS

Large print books are designed to optimize reading comfort for the visually impaired, the sick, people with eye strain and young dyslexics. You will find many of them in public libraries.



AUDIO AND DIGITAL AUDIO BOOKS

Audio and digital audio books are voice recordings of the text of a book made by a narrator. These books are read by recognized interpreters. They are recommended for both beginning readers and people with visual impairments.

Audio books are recorded on CD or MP3 CD and can be found on the shelves of libraries that offer them.

Digital audio books are available on the **prenumerique.ca** platform. They can be listened to on all devices using a recent version of a web browser and a reliable Internet connection. This does not require the installation of a reader application.



DIGITAL BOOKS

Digital books are available via the prenumerique.ca platform.

On the prenumerique.ca website of libraries participating in the Biblio-Santé program, you will find the **digital Biblio-Santé collection**. Each book suggested in the booklets that is available in digital format is identified by the following mention:



[Also available on prenumerique.ca](https://prenumerique.ca)

These digital books are chronodegradable, that is to say that they deactivate automatically at the end of the loan period. Downloaded books can be read on different devices: e-readers, tablets, computers, smartphones, etc. The service is accessible anytime and anywhere, as long as you have access to an Internet connection.

[Prenumerique.ca](https://prenumerique.ca) also offers a dedicated free reading application, available in iOS (Apple) and Android format. This allows you to consult the digital catalog of your libraries as well as to borrow, reserve and easily read your digital books and your digital audiobooks from the same application.

Your reading device gives you access to features to promote its accessibility and facilitate your reading.

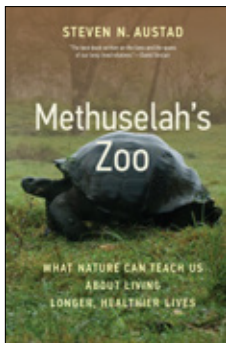
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*The supply of books in different formats varies from one library to another.

Find out what your library has to offer!

NON-FICTION

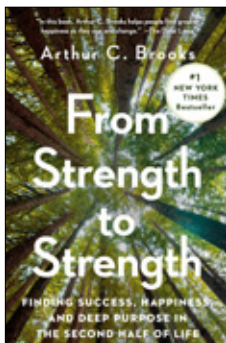
General works



METHUSELAH'S ZOO: WHAT NATURE CAN TEACH US ABOUT LIVING LONGER, HEALTHIER LIVES

Steven N. Austad. Cambridge, Massachusetts: The MIT Press, 2022, 301 p.

Is there anything humans can learn from the exceptional longevity of some animals in the wild? In *Methuselah's Zoo*, Steven Austad tells the stories of some extraordinary animals, considering why, for example, animal species that fly live longer than earthbound species and why animals found in the ocean live longest of all.



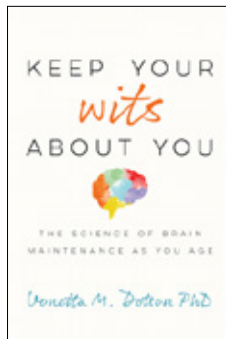
FROM STRENGTH TO STRENGTH: FINDING SUCCESS, HAPPINESS, AND DEEP PURPOSE IN THE SECOND HALF OF LIFE

Arthur C. Brooks. New York: Penguin Publishing Group, 2022, 272 p.

Drawing on social science, philosophy, biography, theology, and eastern wisdom, as well as dozens of interviews with everyday men and women, Brooks shows us that true life success is well within our reach. By refocusing on certain priorities and habits that anyone can learn, such as deep wisdom, detachment from empty rewards, connection and service to others, and spiritual progress, we can set ourselves up for increased happiness.



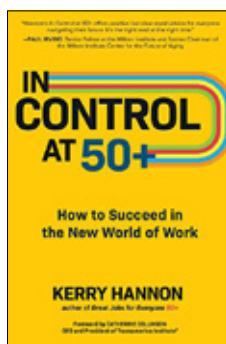
Also available on prenumerique.ca



KEEP YOUR WITS ABOUT YOU: THE SCIENCE OF BRAIN MAINTENANCE AS YOU AGE

Vonetta M. Dotson. Washington, DC: American Psychological Association, 2022, 225 p.

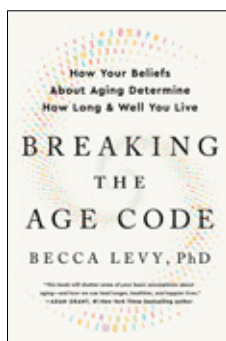
A practical guide to maintaining a healthy brain for readers of any age, but particularly those in midlife and older. This book offers scientifically-based information on living a brain-healthy lifestyle. While there is no cure for Alzheimer's and other degenerative brain diseases that cause dementia, research shows that you can reduce your risk for dementia and improve your memory and other cognitive abilities by adopting certain healthy behaviors. Through exercising, keeping your mind active, staying socially connected, and eating well, you can directly improve your brain health and thus benefit your memory, cognitive abilities such as attention and multitasking, and even your mood.



IN CONTROL AT 50+: HOW TO SUCCEED IN THE NEW WORLD OF WORK

Kerry Hannon. New York: McGraw Hill, 2022, 240 p.

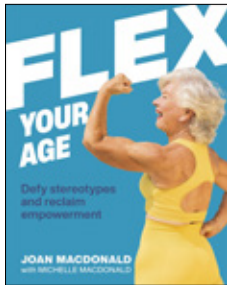
This book offers advice, guidance, and concrete action steps that will enable older workers to succeed in the workplace and prepare for a financially secure retirement. It features inspiring case studies of how workers over 50 have successfully pivoted and thrived. It identifies the jobs that will be in demand in the post-pandemic economy, as well as leading companies providing new opportunities for older workers in a variety of fields.



BREAKING THE AGE CODE: HOW YOUR BELIEFS ABOUT AGING DETERMINE HOW LONG & WELL YOU LIVE

Becca Levy. New York, NY: William Morrow, an imprint of HarperCollins Publishers, 2022, 294 p.

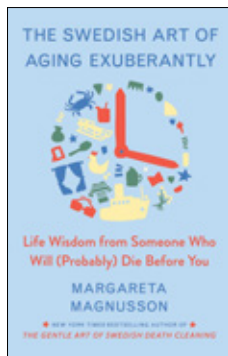
Based on her research, stories that range from pop culture to the corporate boardroom, and her own life, *Levy* shows how age beliefs shape all aspects of our lives. She also presents a variety of fascinating people who have benefited from positive age beliefs as well as an entire town that has flourished with these beliefs.



FLEX YOUR AGE: DEFY STEREOTYPES AND RECLAIM EMPOWERMENT

Joan MacDonald with Michelle MacDonald. Indianapolis, IN: DK, 2022, 223 p.

Part self-help book and part memoir, this guide demonstrates how to embrace change and learn what you're capable of at any age through motivation techniques, fitness and nutrition fundamentals, and how to find and contribute to a community of support.



THE SWEDISH ART OF AGING EXUBERANTLY: LIFE WISDOM FROM SOMEONE WHO WILL (PROBABLY) DIE BEFORE YOU

Margareta Magnusson. New York, NY: Scribner, 2022, 160 p.

This book shows all readers how to prepare for and understand the process of growing older and the joys and sorrows it can bring. While Magnusson still recommends decluttering (your loved ones will thank you!), her ultimate message is that we should not live in fear of death but rather focus on appreciating beauty, connecting with our loved ones, and enjoying our time together.



FRONT-WAVE BOOMERS: GROWING (VERY) OLD, STAYING CONNECTED, AND REIMAGINING AGING

Gillian Ranson. Vancouver: On Point Press, 2022, 189 p.

The Baby Boomer generation is heading into old age in a time of overt ageism and shamefully deficient eldercare. The front wave, now heading into their seventies, are on the brink of life changes that will be challenging not only for their friends and family but for society and the healthcare system as well. Journalist and sociologist Gillian Ranson, a front-wave boomer herself, investigates what boomers are doing to prepare for old age.



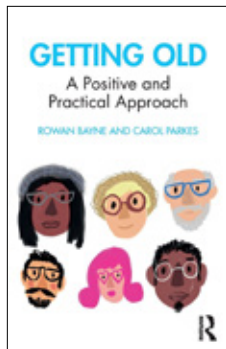
YOU LOOK GOOD FOR YOUR AGE: AN ANTHOLOGY

Rona Altrows (editor). Edmonton: University of Alberta Press, 2021, 294 p.

You Look Good for Your Age is a collection of fiction, non-fiction, and poetry about ageism by 29 women writers ranging in age from forties to nineties. The anthology responds to a culture that values youth and that positions aging in women as a failure. Questions arise. What effects do negative social assumptions have on women as they age? What messages about aging do we pass on to our daughters? Through essays, short stories, and poetry, the contributing writers explore these questions with thoughtfulness, satire, and fury.



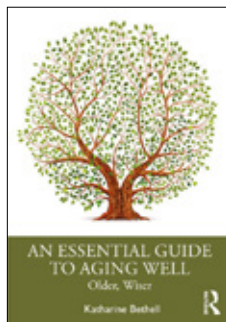
Also available on prenumerique.ca



GETTING OLD: A POSITIVE AND PRACTICAL APPROACH

Rowan Bayne and Carol Parkes. Abingdon, UK; New York, NY: Routledge, Taylor & Francis Group, 2021, 138 p.

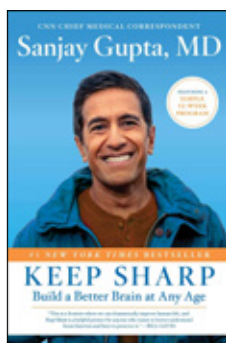
Essential advice and practical suggestions for all readers interested in or worried about aging. With a focus on a positive view of aging, it discusses the main physical and mental aspects of getting old, as well as the social and psychological aspects such as choosing where to live and becoming more oneself. Topics covered include: Mobility; diet and digestion; sleep; memory problems and dementia; healthcare; relationships and loneliness; deciding where to live; and the end of life.



AN ESSENTIAL GUIDE TO AGING WELL: OLDER, WISER

Katharine Bethell. New York: Routledge, Taylor & Francis Group, 2021, 176 p.

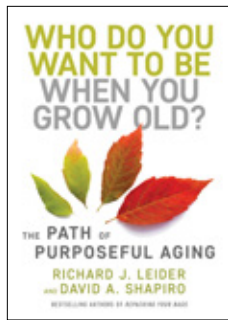
This book is a refreshingly honest self-help guide to aging well. It encourages readers to dispel gloom or overcome denial around the subject of aging and offers advice in a realistic, non-prescriptive format. Written in a conversational style, *An Essential Guide to Aging Well* motivates its readers to be curious about this time of life, and to design the best possible version of it for themselves.



KEEP SHARP: BUILD A BETTER BRAIN AT ANY AGE

Sanjay Gupta, with Kristin Loberg. New York: Simon & Schuster, 2021, 318 p.

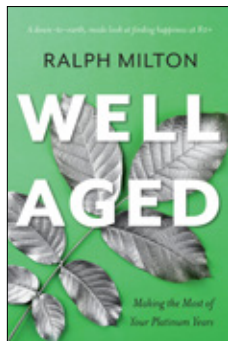
Keep Sharp debunks common myths about aging and cognitive decline, explores whether there's a "best" diet or exercise regimen for the brain, and explains whether it's healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from "super-brained" people who are in their eighties and nineties with no signs of slowing down—and whether there are truly any benefits to drugs, supplements, and vitamins. Dr. Gupta also addresses brain disease, particularly Alzheimer's, answers all your questions about the signs and symptoms, and shows how to ward against it and stay healthy while caring for a partner in cognitive decline. He likewise provides readers with a personalized twelve-week program featuring practical strategies to strengthen your brain every day.



WHO DO YOU WANT TO BE WHEN YOU GROW OLD?: THE PATH OF PURPOSEFUL AGING

Richard Leider and David A. Shapiro. Oakland, CA: Berrett-Koehler Publishers, 2021, 145 p.

Everyone is getting old; not everyone is growing old. But the path of purposeful aging is accessible to all—and it's fundamental to health, happiness, and longevity. With a focus on growing whole through developing a sense of purpose in later life, *Who Do You Want to Be When You Grow Old?* celebrates the experience of aging with inspiring stories, real-world practices, and provocative questions. Framed by a long conversation between two old friends, the book reconceives aging as a liberating experience that enables us to become more authentically the person we always meant to be with each passing year.



WELL AGED: MAKING THE MOST OF YOUR PLATINUM YEARS

Ralph Milton. Madeira Park, BC: Douglas & McIntyre, 2021, 244 p.

Many, maybe even most, old people say they are happier than they have ever been. And that's good news because Canadians are living much longer. In fact, octogenarians are the country's fastest growing demographic. *Well Aged* offers a candid, useful and entertaining insider's take on life among the old. Not the recently retired who are enjoying Arizona winters and unlimited golf, but those in their last years, usually in the 80 to 100-year-old bracket. This book is a free wheeling, down to earth, inside look at what it's really like to be old, written by an insider and sprinkled liberally with humour. *Well Aged* is intended to expand the conversation around aging, and it is a must-read for anyone who needs to put out their birthday cake with a fire extinguisher—as well as those who love and care for them.



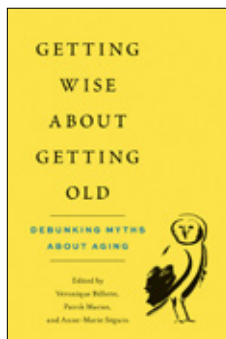
Also available on pretnumerique.ca



THE BOOK ABOUT GETTING OLDER (FOR PEOPLE WHO DON'T WANT TO TALK ABOUT IT)

Lucy Pollock. London: Michael Joseph, 2021, 387 p.

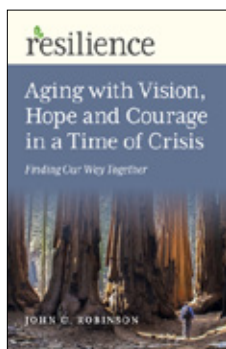
How do we give those we love, and eventually ourselves, a chance to be older as happily and healthily as we possibly can? Dr. Lucy's book looks at answers to questions big and small, and helps us understand that long life is something to be celebrated and embraced. Is it normal to find you're falling out of love with your partner, who is disappearing into dementia? When does 'fiercely independent' turn into 'badly behaved'? How do you navigate discussions around resuscitation, intensity of treatments, power of attorney? Should your mother be taking seven different medicines? Should Dad be driving, and if not, who can stop him? What does a good care home look like? This practical book, full of warmth, humour, and real-life stories, is by a doctor who has worked her entire career as a geriatrician, caring for people who have complicated problems and who need answers to the delicate questions that arise as we get older.



GETTING WISE ABOUT GETTING OLD: DEBUNKING MYTHS ABOUT AGING

Véronique Billette, Patrik Marier and Anne-Marie Séguin. Vancouver: Purich Books, 2020, 208 p.

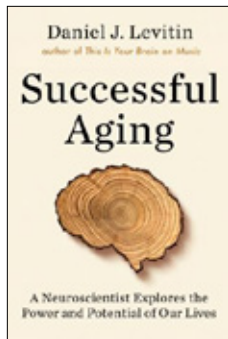
A grey tsunami is sweeping the land, wreaking social and financial havoc in its wake. Sound familiar? This myth about aging, along with twenty-eight others, is the focus of *Getting Wise about Getting Old*, which paints a far more accurate and nuanced portrait of old age.



AGING WITH VISION, HOPE AND COURAGE IN A TIME OF CRISIS

John C. Robinson. Winchester: Changemakers Books, 2020, 128 p.

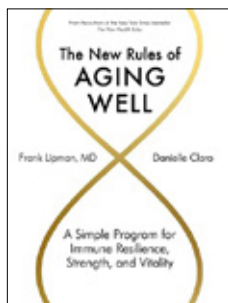
We are living in an era of unprecedented world-wide crises: COVID-19, climate change, overpopulation and the unravelling of civilization as we know it. Who wouldn't be worried? This book is for those over 65 wrestling with fear, despair, insecurity, and loneliness in these frightening times. A blend of psychology, self-help, and spirituality, it's meant for all who hunger for facts, respect, compassion, and meaningful resources to light their path ahead.



SUCCESSFUL AGING: A NEUROSCIENTIST EXPLORES THE POWER AND POTENTIAL OF OUR LIVES

Daniel J. Levitin. Toronto: Allen Lane Canada, 2020, 528 p.

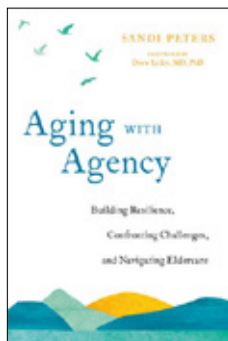
Author of the iconic bestsellers *This Is Your Brain on Music* and *The Organized Mind*, Daniel Levitin turns his keen insights to what happens in our brains as we age, why we should think about healthspan, not lifespan, and, based on a rigorous analysis of neuroscientific evidence, what you can do to make the most of your 70s, 80s, and 90s today no matter how old you are.



THE NEW RULES OF AGING WELL: A SIMPLE PROGRAM FOR IMMUNE RESILIENCE, STRENGTH, AND VITALITY

Frank Lipman and Danielle Claro. New York: Artisan, a division of Workman Publishing Co., Inc., 2020, 224 p.

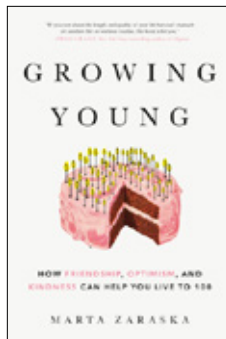
Frank Lipman, MD, is a leader in wellness and integrative and functional medicine, and *The New Rules of Aging Well* contains everything he teaches his patients-and then some-about reversing the so-called “symptoms of aging.” Symptoms like feeling lousy and looking puffy are absolutely not a given of aging. They’re warning signs that you need to change your lifestyle. It’s your lifestyle choices, not your genes, that have a tremendous impact on how you age, and here you’ll learn how to make the best choices in order to look younger and feel better all around.



AGING WITH AGENCY: BUILDING RESILIENCE, CONFRONTING CHALLENGES, AND NAVIGATING ELDERCARE

Sandi Peters. Berkeley, California: North Atlantic Books, 2020, 280 p.

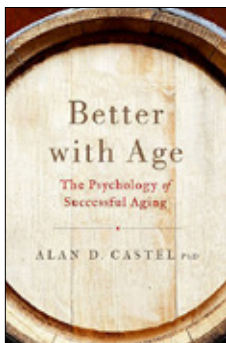
An experiential guide to re-orienting our understanding of old age as one of life’s most meaningful and transformative stages.



GROWING YOUNG: HOW FRIENDSHIP, OPTIMISM AND KINDNESS CAN HELP YOU LIVE TO 100

Marta Zaraska. Vancouver, British Columbia: Appetite by Random House, 2020
294 p.

Through eleven chapters that take her around the world, from catching wild mice in the woods of central England to flower arranging with octogenarians in Japan, from laboratories to “hugging centres,” Marta embarks on an absorbing, entertaining and insightful journey to determine the habits that will have the greatest impact on our longevity.



BETTER WITH AGE: THE PSYCHOLOGY OF SUCCESSFUL AGING

Alan D. Castel. New York: Oxford University Press, 2019, 236 p.

Highlights how old age is not all downhill by illustrating the paradoxes and pleasures of old age, and new research about successful aging. Also, shows what activities one can do to age well, how attitudes and expectations about aging are linked to how we age, and ways to enjoy older age.



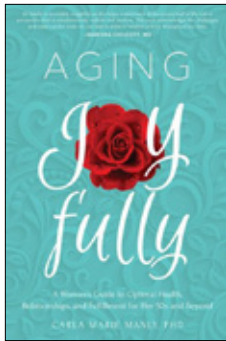
EIGHTYSOMETHINGS: A PRACTICAL GUIDE TO LETTING GO, AGING WELL, AND FINDING UNEXPECTED HAPPINESS

Katharine Esty. New York: Skyhorse Publishing, 2019, 231 p.

The first guide of its kind changes the understanding of old age with an upbeat and emotionally savvy view of the uncharted territory of the last stage of life. With insight and humor, Dr. Katharine Esty describes the series of dramatic and difficult transitions that eightysomethings usually experience and how, despite their losses, they so often find themselves unexpectedly happy.



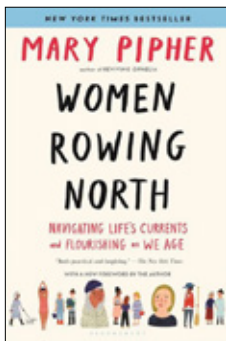
Also available on pretnumerique.ca



AGING JOYFULLY: A WOMAN'S GUIDE TO OPTIMAL HEALTH, RELATIONSHIPS AND FULFILLMENT FOR HER 50S AND BEYOND

Carla Marie Manly. Sanger: Familius LLC, 2019, 256 p.

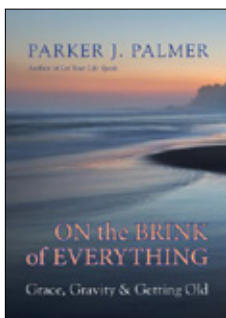
How does a woman embrace her maturity with joy and strength when her body changes year to year? Psychologist Dr. Carla Marie Manly provides an important and meaningful window into womanhood for those approaching fifty and beyond. A must-read book for any woman approaching the age of fifty, *Aging Joyfully* touches the sensitive reality of the transition from a life filled with new beginnings to a graceful process filled with freedom, beauty, and joy.



WOMEN ROWING NORTH: NAVIGATING LIFE'S CURRENTS AND FLOURISHING AS WE AGE

Mary Pipher. New York: Bloomsbury Publishing, 2019, 262 p.

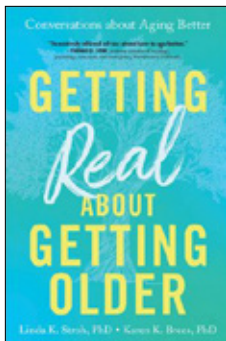
Women growing older contend with ageism, misogyny, and loss. Yet as Mary Pipher shows, most older women are deeply happy and filled with gratitude for the gifts of life. Their struggles help them grow into the authentic, empathetic, and wise people they have always wanted to be. In *Women Rowing North*, Pipher offers a timely examination of the cultural and developmental issues women face as they age. Drawing on her own experience as daughter, sister, mother, grandmother, caregiver, clinical psychologist, and cultural anthropologist, she explores ways women can cultivate resilient responses to the challenges they face. "If we can keep our wits about us, think clearly, and manage our emotions skillfully," Pipher writes, "we will experience a joyous time of our lives. If we have planned carefully and packed properly, if we have good maps and guides, the journey can be transcendent."



ON THE BRINK OF EVERYTHING: GRACE, GRAVITY, AND GETTING OLD

Parker J. Palmer. Oakland: Berrett-Koehler Publishers, 2018, 198 p.

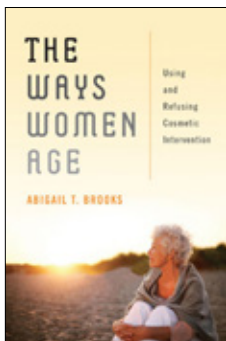
Palmer explores the questions age raises and the promises it holds. But this book is not for elders only. It was written to encourage adults of all ages to explore the way their lives are unfolding. It's not a how-to-do-it book on aging, but a set of meditations in prose and poetry that turn the prism on the meaning(s) of one's life, refracting new light at every turn.



GETTING REAL ABOUT GETTING OLDER: CONVERSATIONS ABOUT AGING BETTER

Linda K. Stroh and Karen K. Brees. Naperville: Sourcebooks, 2018, 281 p.

Full of advice and stories from a wide variety of older people, *Getting Real about Getting Older* examines love, loss, and changing identities, and will help you take control of your concerns about aging and experience wisdom and joy as an older adult.



THE WAYS WOMEN AGE: USING AND REFUSING COSMETIC INTERVENTION

Abigail T. Brooks. New York: University Press, 2017, 288 p.

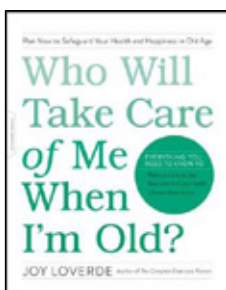
The story of how and why some women choose to use, while others refuse, cosmetic intervention.



NO TIME TO SPARE: THINKING ABOUT WHAT MATTERS

Ursula K. Le Guin. Boston: Houghton Mifflin Harcourt, 2017, 215 p.

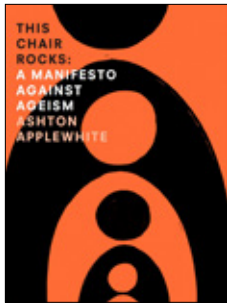
A collection of thoughts – always adroit, often acerbic – on aging, belief, the state of literature, and the state of the nation. United States context.



WHO WILL TAKE CARE OF ME WHEN I'M OLD?: PLAN NOW TO SAFEGUARD YOUR HEALTH AND HAPPINESS IN OLD AGE

Joy Loverde. Boston: Da Capo Lifelong Books, 2017, 336 p.

For those who have no support system in place, the thought of aging without help can be a frightening, isolating prospect. Whether you have friends and family ready and able to help you or not, growing old does not have to be an inevitable decline into helplessness. It is possible to maintain a good quality of life in your later years, but having a plan is essential.



THIS CHAIR ROCKS: A MANIFESTO AGAINST AGEISM

Ashton Applewhite. Farmington Hills: Thorndike Press, 2016, 459 p.

In this book, Ashton Applewhite mixes her personal experiences and opinions about growing old with an exploration of society's attitudes about age, debunking myths and exposing ageism. She covers topics of all kinds, such as isolation, sex and intimacy, and the role of work and how companies can better accommodate older workers.



DISRUPT AGING: A BOLD NEW PATH TO LIVING YOUR BEST LIFE AT EVERY AGE

Jo Ann Jenkins. New York: PublicAffairs, 2016, 264 p.

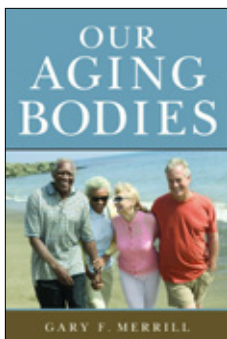
Aging is not a problem anymore than living is. It's a part of the human experience, and our job is to get the absolute most out of it. This is a book for all the makers and doers who have a desire to continue exploring their possibilities, to celebrate discovery over decline, and to seek out opportunities to live the best life.



DID YOU JUST CALL ME OLD LADY?: A NINETY-YEAR-OLD TELLS WHY AGING IS POSITIVE

Lillian Zimmerman. Winnipeg: Fernwood, 2016, 128 p.

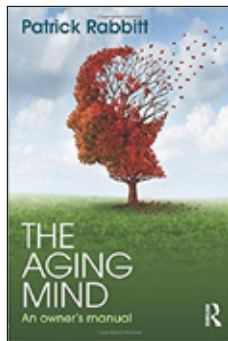
This book is an upbeat look at aging and the impacts of Canada's increasingly aged population through the eyes of a ninety-year-old woman. Lillian Zimmerman illustrates how prevalent ageism – the dislike and prejudice against old people – is in society, media and popular culture, showing how language, advertisements for products to alleviate bodily failings, and jokes about memory loss and sexual infirmity are all examples of ageism, inevitably framing and fuelling negative attitudes towards older people.



OUR AGING BODIES

Gary F. Merrill. New Brunswick: Rutgers University Press, 2015, 304 p.

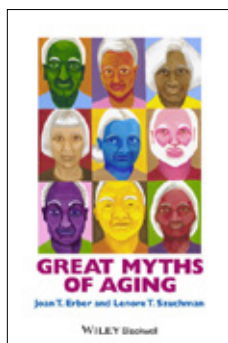
This book provides a clear, scientifically based explanation of what happens to all the major organ systems and bodily processes – such as the cardiovascular and digestive systems – as people age.



THE AGING MIND: AN OWNER'S MANUAL

Patrick Rabbitt. New York: Routledge, 2015, 253 p.

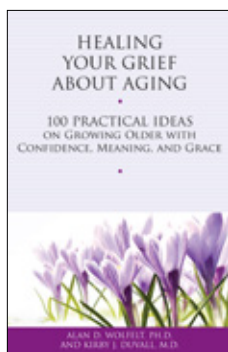
Professor Patrick Rabbitt has been a cognitive gerontologist studying the aging process for over half a century. In this book, he explains why our sensual and cognitive experiences change as we get older, including how our memories evolve, as well as what cognitive changes mean for our overall physical and emotional well-being. He is able to debunk popular myths about the aging process, and offer possible routes whereby we can manage our lives better as we get older.



GREAT MYTHS OF AGING

Joan T. Erber and Lenore T. Szuchman. Hoboken: Wiley-Blackwell, 2014, 184 p.

Great Myths of Aging looks at the generalizations and stereotypes associated with older people and, with a blend of humor and cutting-edge research, dispels those common myths.



HEALING YOUR GRIEF ABOUT AGING: 100 PRACTICAL IDEAS ON GROWING OLDER WITH CONFIDENCE, MEANING, AND GRACE

Alan D. Wolfelt and Kirby J. Duvall. Fort Collins: Companion Press, 2012, 117 p.

Getting older goes hand in hand with losses of many kinds—ending careers, empty nests, illness, the deaths of loved one — and this book by one of the world's most beloved grief experts helps one acknowledge and mourn the many losses of aging while also offering advice for living better in old age.

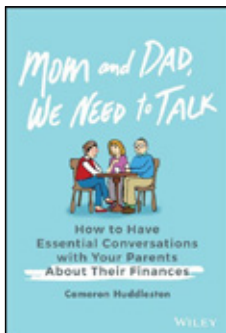
Accompaniment of a family member or friend



ELDER CARE MADE EASIER: DOCTOR MARION'S 10 STEPS TO HELP YOU CARE FOR AN AGING LOVED ONE

Marion Somers. Omaha, Nebraska: Addicus Books, 2020, 171 p.

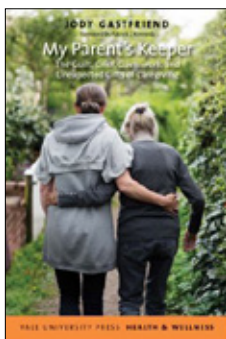
Do You Find Yourself in the Role of Caregiver? If you are caring for an aging parent, spouse, or other loved one, you are not alone. Statistics show that nearly 25 percent of all households in the United States are providing care for an elderly person. Although you may be willing to help, you may find the task comes with unexpected challenges. Over the past thirty years, Doctor Marion Somers, a leading geriatric specialist, has helped thousands of individuals and their families with these matters. Now, in *Elder Care Made Easier*, she draws from those decades of experience to offer ten practical steps to help you navigate your caregiver's journey.



MOM AND DAD, WE NEED TO TALK: HOW TO HAVE ESSENTIAL CONVERSATIONS WITH YOUR PARENTS ABOUT THEIR FINANCES

Cameron Huddleston. New Jersey: John Wiley & Sons, 2019, 241 p.

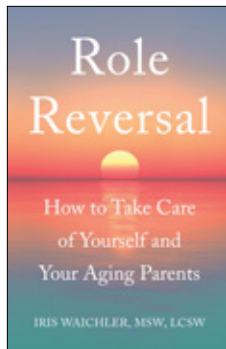
As your parents age, you may find that you want or need to broach the often-difficult subject of finances. In *Mom and Dad, We Need to Talk: How to Have Essential Conversations with Your Parents About Their Finances*, you'll learn the best ways to approach this issue, along with a wealth of financial and legal information that will help you help your parents into and through their golden years.



MY PARENT'S KEEPER: THE GUILT, GRIEF, GUESSWORK, AND UNEXPECTED GIFTS OF CAREGIVING

Jody Gastfriend. New Haven: Yale University Press, 2018, 316 p.

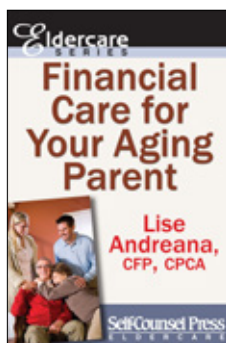
This book helps caregivers cope with numerous challenges, including parents who need but refuse help; siblings who don't get along; the complexity of healthcare systems; financial issues; juggling work and caregiving; the use of technology; the power of connecting with a loved one who has dementia; and realizing the benefits amid the burdens of caregiving.



ROLE REVERSAL: HOW TO TAKE CARE OF YOURSELF AND YOUR AGING PARENTS

Iris Waichler. Berkley: She Writes Press, 2016, 283 p.

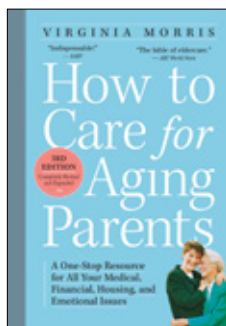
Designed to help caregivers understand how to cope with and overcome the overwhelming challenges that arise while caregiving for a loved one – especially an aging parent – this book is a comprehensive guide to navigating the enormous daily challenges faced by caregivers. In these pages, Waichler blends her personal experience caring for her beloved father with her forty years of expertise as a patient advocate and clinical social worker.



FINANCIAL CARE FOR YOUR AGING PARENTS

Lise Andreana. North Vancouver: Self-Counsel Press, 2014, 176 p.

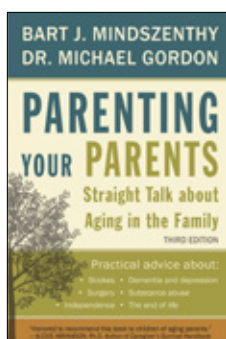
Caring for your aging parent can feel overwhelming, from the emotional crisis of sudden illness to the legal crisis of sudden guardianship. A common wish is to be able to provide the same level of love and support to our parents as they so generously offered to us as children. Understanding the potential stress on your finances and savings, and knowing how to cope financially, can help ease this confusing life change.



HOW TO CARE FOR AGING PARENTS: A ONE-STOP RESOURCE FOR ALL YOUR MEDICAL, FINANCIAL, HOUSING, AND EMOTIONAL ISSUES

Virginia Morris. New York: Workman Publishing Company, 2014, 688 p.

Caring for an elderly parent can be rewarding, but it can also be completely overwhelming. This offers reassurance and support while tackling all the tough issues – finding help, paying for care, exploring housing, talking about money, working with siblings, and more.

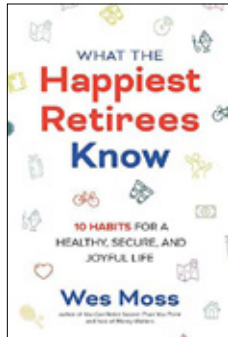


PARENTING YOUR PARENTS: STRAIGHT TALK ABOUT AGING IN THE FAMILY

Bart J. Mindszenty and Michael Gordon. Toronto: Dundurn Press, 2013, 400 p.

When our parents reach a certain age and have difficulty coping, we find ourselves wondering how to provide them with the kind of love, care, support, and attention they need, just as they have done for us all our lives. This book shows that you are not alone and offers crucial advice to help you along this difficult but rewarding journey.

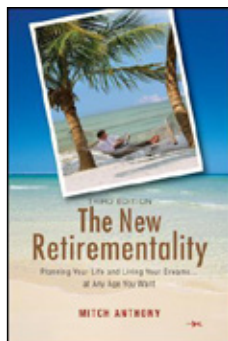
Retirement



WHAT THE HAPPIEST RETIREES KNOW: 10 HABITS FOR A HEALTHY, SECURE AND JOYFUL LIFE

Wes Moss. New York: McGraw Hill, 2021, 288 p.

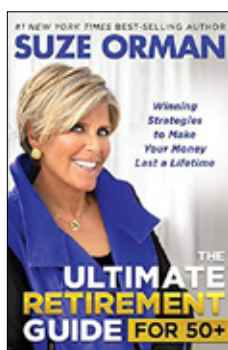
What does it take to have a truly happy retirement? Is it money? A mortgage-free home? An active social life? A long-lasting marriage—or maybe a new one? Finance expert, author, and radio host Wes Moss asked more than 2,000 of the nation's happiest retirees to find out—and their answers may surprise you. Through a series of revealing surveys, Moss noticed a pattern of distinct, recognizable habits that the happiest retirees shared, from the simplest of lifestyle choices to the smartest of financial strategies. These are the kinds of habits anyone can develop—the perfect road map to a healthy, secure, and joyful retirement. Whether you're already retired or just starting to make plans, these 10 simple actions and attitudes can make a profound difference in every aspect of your life.



THE NEW RETIREMENTALITY: PLANNING YOUR LIFE AND LIVING YOUR DREAMS...AT ANY AGE YOU WANT

Mitch Anthony. Hoboken, New Jersey: John Wiley & Sons, Inc., 2020 206 p.

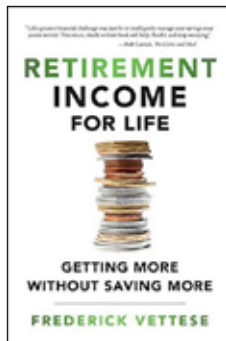
Mitch Anthony first began preaching a “new retirementality” in 2000. Now, most of us are facing a very different retirement reality than previous generations: failing pensions, an endangered social security system, and inadequate savings. We have been forced to face the reality of a retirement that may never happen, or one that will take place much later in life than ever expected. Circumstances are redefining what it means to retire, and *The New Retirementality, Fifth Edition* is your roadmap to retirement.



THE ULTIMATE RETIREMENT GUIDE FOR 50+: WINNING STRATEGIES TO MAKE YOUR MONEY LAST A LIFETIME

Suze Orman. Carlsbad, California: Hay House, Inc., 2020, 306 p.

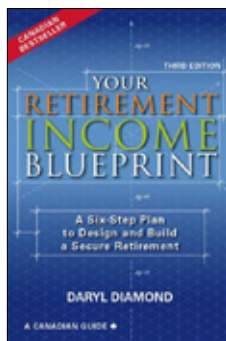
Suze Orman, America's most recognized expert on personal finance, answers all the questions that keep you up at night—starting with the biggest one: it is never too late to start planning for a next act that's fulfilling and secure. With her signature blend of compassion, insight, and expertise, Suze guides you toward a plan that will put you in control of your financial future and help you to create the retirement you deserve.



RETIREMENT INCOME FOR LIFE: GETTING MORE WITHOUT SAVING MORE

Fred Vettese. Toronto, Ontario, Canada: ECW Press, 2020, 240 p.

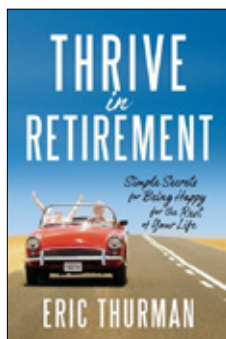
Author Frederick Vettese demystifies a complex and often frightening subject and provides practical, actionable advice based on five enhancements the reader can make to mitigate risk and secure their financial future. With over one thousand Canadians turning 65 every day, the cultivation of good decumulation practices -- the way in which you draw down assets in retirement, ideally to have a secure income for the rest of your life -- has become an urgent matter that no one can afford to ignore.



YOUR RETIREMENT INCOME BLUEPRINT: A SIX-STEP PLAN TO DESIGN AND BUILD A SECURE RETIREMENT: A CANADIAN GUIDE

Daryl Diamond. Oakville: Milner & Associates Inc., 2019, 256 p.

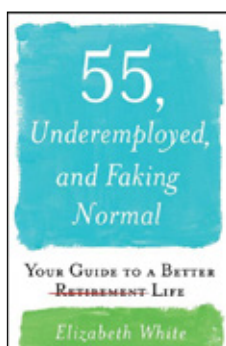
This book gives you the blueprint for creating sustainable income in retirement, making the most out of the assets you've taken a lifetime to accumulate, and building a strong financial foundation for your lifetime.



THRIVE IN RETIREMENT: SIMPLE SECRETS FOR BEING HAPPY FOR THE REST OF YOUR LIFE

Eric Thurman. Colorado Springs: WaterBrook Press, 2019, 240 p.

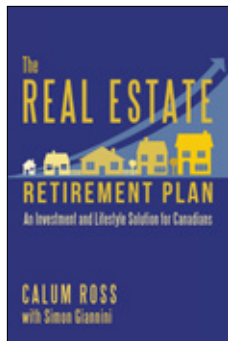
Never before in human history have so many people lived for decades beyond their working years. 10,000 Americans turn 65 each day, and their average life expectancy is another 20 years – and many will live longer. But will they just live or have a meaningful life? The truth is that many – if not most – people approaching the latter years do not have a plan, much less a strategy to thrive instead of just survive.



55, UNDEREMPLOYED, AND FAKING NORMAL: YOUR GUIDE TO A BETTER LIFE

Elizabeth White. New York: Simon & Schuster, 2019, 263 p.

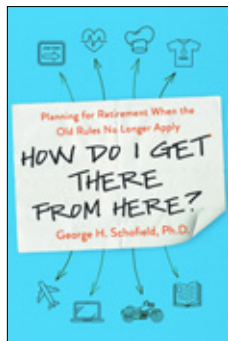
After being forced to re-enter the workforce in her mid-fifties, the author describes how to survive the new normal of being financially insecure at an advanced age.



THE REAL ESTATE RETIREMENT PLAN: AN INVESTMENT AND LIFESTYLE SOLUTION FOR CANADIANS

Calum Ross and Simon Giannini. Toronto: Dundurn, 2017, 216 p.

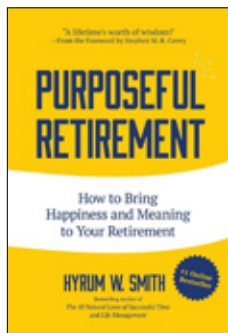
Leveraging equity in a principal residence and using it wisely to purchase rental property is the solution to a safe, secure retirement for millions of Canadians. With examples and a detailed discussion of the principles and mechanics, this book will demystify and make an irrefutable case for borrowing to invest.



HOW DO I GET THERE FROM HERE?: PLANNING FOR RETIREMENT WHEN THE OLD RULES NO LONGER APPLY

George H. Schofield. New York: American Management Association, 2017, 237 p.

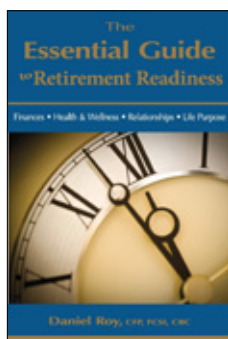
The new “after 50 lifestyle” calls for more than money: it demands conscious engagement, diverse interests, and the ability to adapt. This book helps you plot your direction for the coming decades. The first step is to acknowledge where you are – reviewing your assets, both the tangible (e.g. finances, health, relationships) and intangible (e.g. unfulfilled ambitions and new intentions). Then self-reflective questions and exercises walk you through imagining your future, identifying skills you’ll need, and preparing for inevitable twists and turns along the way.



PURPOSEFUL RETIREMENT: HOW TO BRING HAPPINESS AND MEANING TO YOUR RETIREMENT

Hyrum W. Smith. Coral Gables: Mango Media, 2017, 216 p.

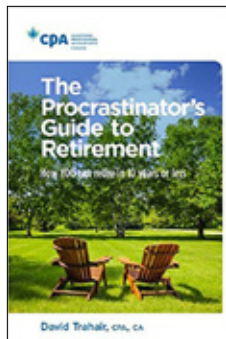
In this book, the author shows you how you can move from your world of work, simplify life and enter what can be the most satisfying phase of your life – a new world of purposeful retirement and good living.



THE ESSENTIAL GUIDE TO RETIREMENT READINESS: FINANCES, HEALTH & WELLNESS, RELATIONSHIPS, LIFE PURPOSE

Daniel Roy. Ottawa: Daniel Roy, 2015, 107 p.

The financial preparations for one’s retirement are critical. Nevertheless, today’s reality demands that people consider other factors in their planning to have a successful retirement. This book explores the four pillars for proper planning which are finances, health and wellness, relationships and life purpose. It’s not just about the money as this books explains it to the readers.



THE PROCRASTINATOR'S GUIDE TO RETIREMENT: HOW TO RETIRE IN 10 YEARS OR LESS

David Trahair. Toronto: Chartered Professional Accountants of Canada, 2015, 199 p.

If you are 10 years or less away from retirement and the thought of that brings on more anxiety about your finances than excitement about the next stage of your life, this book is for you. *The Procrastinator's Guide to Retirement: How to Retire in 10 Years or Less* was developed to guide you through the maze of retirement issues and get you on solid ground, and headed in the right direction, so that you can live comfortably in your retirement.

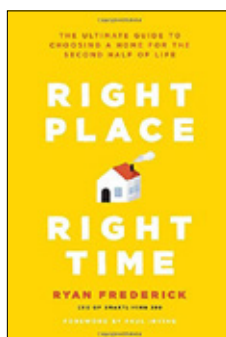


52 WAYS TO WRECK YOUR RETIREMENT... AND HOW TO RESCUE IT

Tina Di Vito. Etobicoke: J. Wiley & Sons Canada, 2011, 310 p.

This book identifies 52 things we do that could wreck our retirement, explains why it puts your retirement at risk, and provides the strategy to correct the mistake, or better still, avoid it entirely.

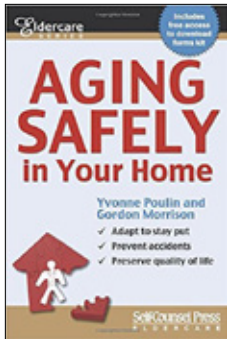
Housing, homecare and long-term care



RIGHT PLACE, RIGHT TIME: THE ULTIMATE GUIDE TO CHOOSING A HOME FOR THE SECOND HALF OF LIFE

Ryan Frederick. Baltimore: Johns Hopkins University Press, 2021, 249 p.

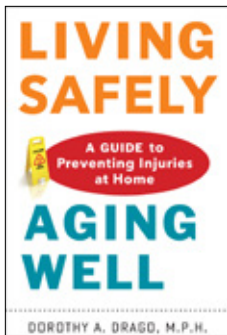
The author shares his insider knowledge of housing options to help older adults make the best decision about their place of residence by evaluating factors such as financial budget, health, and family considerations. He provides a step-by-step approach to evaluating one's current living situation and then reviews the different options to consider, including aging in place, downsizing, community living, and more.



AGING SAFELY IN YOUR HOME

Yvonne Poulin and Gordon Morrison. North Vancouver: Self-Counsel Press, 2015, 113 p.

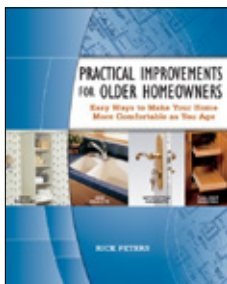
You need not move to live gracefully and safely as you age. The authors tap into expertise on how your home can be modestly renovated to ease the physical challenges and provide a great quality of life in a familiar surroundings.



LIVING SAFELY, AGING WELL: A GUIDE TO PREVENTING INJURIES AT HOME

Dorothy A. Drago. Baltimore: Johns Hopkins University Press, 2013, 204 p.

As we age, our sense of balance and our vision, hearing, and cognition become less sharp. Aging-related changes greatly increase our risk of injury. In *Living Safely, Aging Well*, nationally recognized safety expert Dorothy A. Drago spells out how to prevent injury while cooking, gardening, sleeping, driving-and just walking around the house.

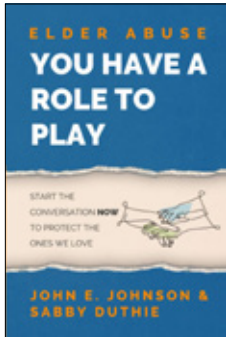


PRACTICAL IMPROVEMENTS FOR OLDER HOMEOWNERS: EASY WAYS TO MAKE YOUR HOME MORE COMFORTABLE AS YOU AGE

Rick Peters. New York: Hearst Books, 2009, 192 p.

With advice on everything from creating multilevel countertops to installing grab bars in the bathroom, this book explains how to make your house safe, easy to navigate, and conducive to independent living, as you or your parents get older. Three sections help you plan for any necessary remodeling, present makeover examples for every room, and lay out projects with instructions.

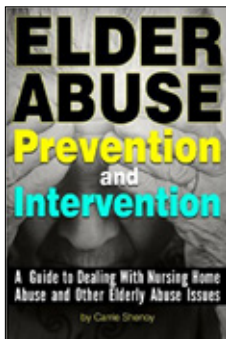
Elder abuse



ELDER ABUSE: YOU HAVE A ROLE TO PLAY

John E. Johnson and Sabbie Duthie. Vancouver, B.C.: Prominence Publishing, 2021, 116 p.

This book educates the reader to recognize elder abuse in its early stages before the damage is irreparable. Johnson, a retired lawyer, and Duthie, a former retirement-home owner, share real stories from families of different generations and backgrounds. Combined with reliable statistics, the result shows that elder abuse exists in every facet of senior citizens' lives. The stories in this book encompass every level of contact, including doctors, lawyers, financial advisors, family members, social workers, and frontline workers at retirement homes and long-term care centres. This book encourages us to have the conversation respectfully and lovingly to ensure that our loved ones know they have a right to live free of abuse.

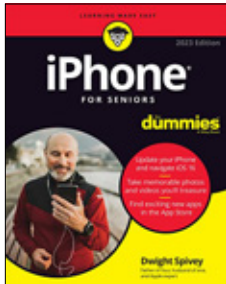


ELDER ABUSE PREVENTION AND INTERVENTION: A GUIDE TO DEALING WITH NURSING HOME ABUSE AND OTHER ELDERLY ABUSE ISSUES

Carrie Shenoy. CreateSpace Independent Publishing Platform, 2015, 52 p.

The abuse of elderly persons is fast becoming one of the major problems in the care of this vulnerable age group. These acts aren't isolated to nursing homes either. It happens in the home as well, even sometimes perpetrated by members of the victim's own family. This book will help you learn how to recognize and deal with abuse in nursing homes and at home by discussing both prevention and intervention in detail.

New technologies



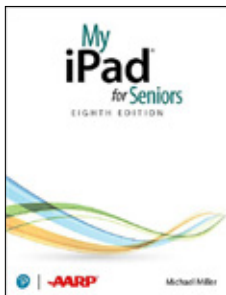
iPhone for Seniors For Dummies

Dwight Spivey. Hoboken, NJ: John Wiley & Sons, Inc., 2022, 464 p.

This is a fluff-free guide to getting started with the latest Apple iPhone models. This book helps you FaceTime with grandkids, reconnect with old friends through social media, or just use the darn thing to make a phone call. Learn your way around your new smartphone and discover all the things it can do for you.



Also available on prenumerique.ca



My iPad for Seniors

Michael Miller. Indianapolis, IN: Que, 2021, 473 p.

Provides step-by-step instructions for seniors on using the iPad, covering such topics as connecting to Wi-Fi and mobile carriers, using Siri, surfing the web, sending email, installing apps, managing multimedia, and fixing common problems.



My TV for Seniors

Michael Miller. Indianapolis, IN: Que, 2021, 334 p.

A guide for seniors on how to choose modern and cost-effective ways to watch television programming and movies. Covers such topics as streaming media devices, enhancing sound with a sound bar or surround sound, and using live streaming services.



My Video Chat for Seniors

Michael Miller. Indianapolis, IN: Que, 2021, 287 p.

Full-color, clear, and readable tasks show you how to get the most out of Zoom and other video chat platforms. Step-by-step instructions show you exactly how to host and participate in video chats with friends and family.



MY WINDOWS 10 COMPUTER FOR SENIORS

Michael Miller. Indianapolis, IN: Que, 2021, 398 p.

Provides information for seniors on the features and functions of Microsoft Windows 10, covering such topics as personalizing Windows, searching the web, installing new apps, discovering useful websites, sending emails, and solving common problems.



IPHONE FOR SENIORS IN EASY STEPS

Nick Vandome. Leamington Spa, Warwickshire, UK: In Easy Steps, 2021, 192 p.

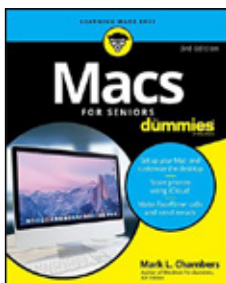
iPhone for Seniors, 8th Edition, is now updated to cover all iPhones with iOS 15. It'll show you how to: Make and receive calls and send messages; Use FaceTime to make video calls, and have fun sharing music or video clips on FaceTime calls; Find apps to stay healthy, shop online, plan your vacation, get instant news, and keep on top of everyday tasks; Make secure payments using your iPhone; Customize your iPhone and notifications; Explore the iTunes Music Library; Share music, videos, apps, calendars and photos with children and grandchildren.



VIDEO CHATTING FOR SENIORS IN EASY STEPS

Nick Vandome. Leamington Spa, Warwickshire, UK: In Easy Steps, 2021, 192 p.

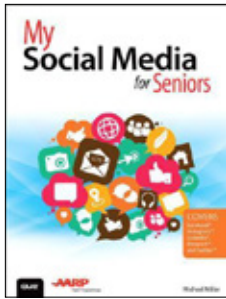
Video Chatting for Seniors enables readers to fully embrace the world of video chatting—including Zoom, FaceTime, Skype, and Facebook Messenger. Written with the senior reader in mind and presented in larger type for easier reading.



MACS FOR SENIORS FOR DUMMIES

Mark L. Chambers. Hoboken, New Jersey: John Wiley & Sons, Inc., 2020, 318 p.

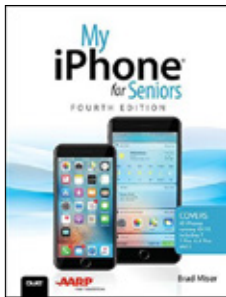
It's never too late to become an expert on Macs--and this friendly, updated guide written specifically for the 50+ set is the easy way to do it! Featuring larger text and figures, *Macs for Seniors for Dummies* takes you through all you need to know to get the most out of your Apple computer. It makes it simple for you to stay in touch with family and friends, enjoy your favorite music, TV, and movies, and hang with the younger generation using the latest social apps and video games.



MY SOCIAL MEDIA FOR SENIORS

Michael Miller. Hoboken, New Jersey, USA: Que, 2020, 285 p.

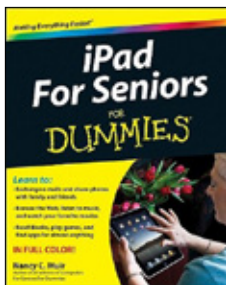
Learn how to get the most out of social media! We've identified the essential skills you need to stay connected with the people you care about; reconnect with old friends and classmates; and share your life with loved ones near and far.



MY IPHONE FOR SENIORS

Brad Miser. Indianapolis, IN: Que, 2020 744 p.

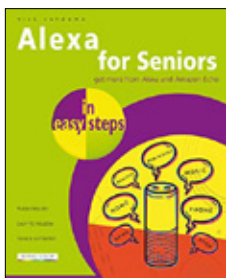
Easy, clear, readable, and focused on what you want to do. Step-by-step instructions for the tasks you care about most. Large, full-color, close-up photos with callouts to iPhone photos that show you exactly what to do. Common-sense help when you run into iPhone problems or limitations. Tips and notes to help you get the most from your iPhone. Full-color, step-by-step tasks walk you through getting and keeping your iPhone working just the way you want.



IPAD FOR SENIORS FOR DUMMIES

Dwight Spivey. Hoboken, New Jersey: John Wiley & Sons, Inc., 2020, 418 p.

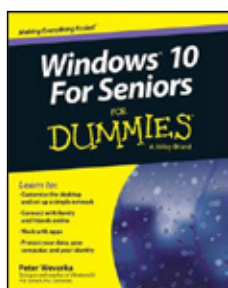
The iPad can do almost anything: entertain you, help you stay in touch with the world, boost your productivity, and more. If you have lots of life experience but are a little less tech savvy, *iPad For Seniors For Dummies* is here to help you make the most of your wireless device.



ALEXA FOR SENIORS IN EASY STEPS

Nick Vandome. Leamington Spa, Warwickshire, United Kingdom: In Easy Steps, 2020, 192 p.

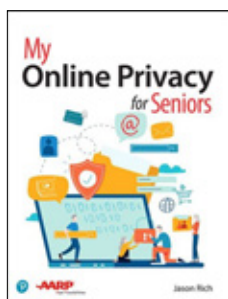
Provides instructions for seniors on how to use Alexa, Amazon's voice-controlled digital personal assistant, to perform a range of everyday tasks, including setting and controlling smart home devices such as smart heating and smart lighting, making hands-free phone calls, and shopping online.



WINDOWS 10 FOR SENIORS FOR DUMMIES

Peter Weverka. Hoboken, NJ: John Wiley & Sons, Inc., 2020, 303 p.

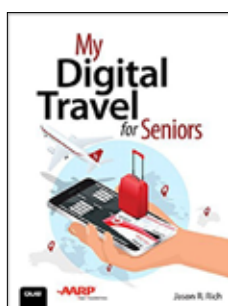
A guide for older Windows 10 users demonstrates the operating system's features and covers such topics as using the start screen and apps, settings, email, checking security and maintenance status, taking photographs, and connecting a printer and other devices.



MY ONLINE PRIVACY FOR SENIORS

Jason R. Rich. Hoboken: Que, 2019, 369 p.

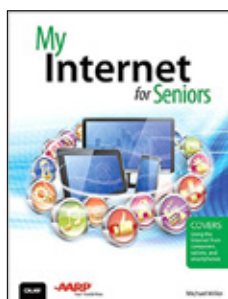
My Online Privacy for Seniors is an exceptionally easy and complete guide to protecting your privacy while you take advantage of the extraordinary resources available to you through the Internet and your mobile devices. It approaches every topic from a senior's point of view, using meaningful examples, step-by-step tasks, large text, close-up screen shots, and a custom full-color interior designed for comfortable reading.



MY DIGITAL TRAVEL FOR SENIORS

Jason Rich. Indianapolis: Que, 2017, 389 p.

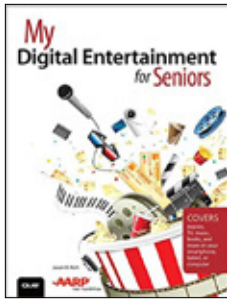
Take advantage of proven strategies that make travel more affordable, less stressful, and easier to manage with the use of technology that's readily available to you.



MY INTERNET FOR SENIORS

Michael Miller. Indianapolis: Que, 2016, 378 p.

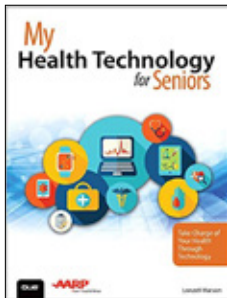
This book helps you quickly and easily get online and start using everything the Internet has to offer. With step-by-step tasks, large text, close-up screen shots, and a custom full-color interior designed for comfortable reading, you'll quickly be getting the most out of your online experience.



MY DIGITAL ENTERTAINMENT FOR SENIORS: COVERS MOVIES, TV, MUSIC, BOOKS, AND MORE ON YOUR SMARTPHONE, TABLET, OR COMPUTER

Jason Rich. Indianapolis: Que, 2016, 467 p.

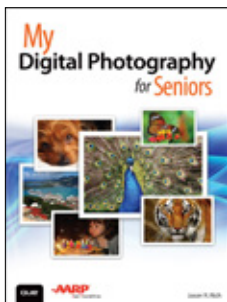
With *My Digital Entertainment for Seniors*, you'll learn all about how you can watch movies and TV, listen to music, read books, and play games on devices you already own; get acquainted with on-demand video, music, podcasts, eBooks, and magazines, audiobooks, and games; find out how you can enjoy multiple forms of digital entertainment, without spending a fortune, and much more.



MY HEALTH TECHNOLOGY FOR SENIORS

Lonzell Watson. Indianapolis: Que, 2016, 479 p.

The first easy guide to all of today's revolutionary health technologies for every senior, family member, and caregiver. This book approaches every topic from a senior's point of view, showing exactly how to use new technologies to stay healthier, happier, and more independent.

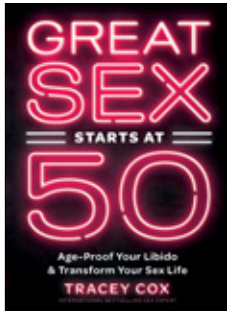


MY DIGITAL PHOTOGRAPHY FOR SENIORS

Jason Rich. Indianapolis: Que, 2015, 418 p.

Top beginning technology author and professional photographer Jason R. Rich covers all you need to know to take great photos with your smartphone, tablet, or point-and-shoot camera, manage and organize your digital photo library, safely exchange your images with family and friends, tell compelling stories and chronicle your memories with digital images, and share your creations in print and online.

Love and sexuality



GREAT SEX STARTS AT 50: AGE-PROOF YOUR LIBIDO & TRANSFORM YOUR SEX LIFE

Tracey Cox. San Francisco: Chronicle Prism, 2021, 276 p.

There's no denying that something happens to us sexually at 50. From menopause to the mixed blessings of Viagra to other challenges that go beyond the physical, Cox examines how to ignite desire after decades with the same person. She explains how to arouse yourself and your partner, navigate relationship issues, and create the perfect conditions for sex. You can reclaim a robust sex life—and greater health as a result.



Also available on prenumerique.ca



LOVE AFTER 50: HOW TO FIND IT, ENJOY IT, AND KEEP IT

Francine Russo. New York: Simon & Schuster, 2021, 256 p.

Studies keep showing that love after fifty is more satisfying than at any other stage in life. So if this is the promised land, how do you get there? In *Love After 50*, journalist Francine Russo interviews the best experts in the field and dozens of couples to help show you the way. Russo provides practical advice on recovering from the emotional damage of divorce, the grief of widowhood, or a history of unfulfilling relationships, building realistic requirements for a partner, and much more.



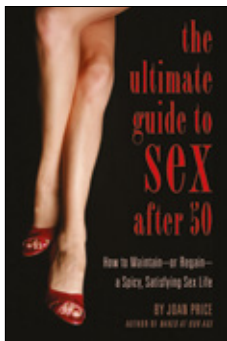
Also available on prenumerique.ca



SEXUALITY, DISABILITY, AND AGING: QUEER TEMPORALITIES OF THE PHALLUS

Jane Gallop. Durham: Duke University Press, 2019, 137 p.

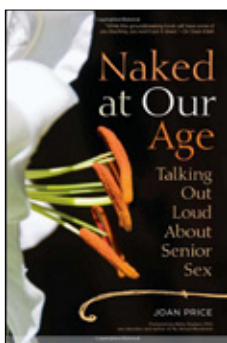
Drawing on her own experiences with late-onset disability and its impact on her sex life, along with her expertise as a cultural critic, Jane Gallop explores how disability and aging work to undermine one's sense of self. She challenges common conceptions that equate the decline of bodily potential and ability with a permanent and irretrievable loss, arguing that such a loss can be both temporary and positively transformative. With *Sexuality, Disability, and Aging*, Gallop explores and celebrates how sexuality transforms and becomes more queer in the lives of the no longer young and the no longer able while at the same time demonstrating how disability can generate new forms of sexual fantasy and erotic possibility.



THE ULTIMATE GUIDE TO SEX AFTER FIFTY: HOW TO MAINTAIN – OR REGAIN – A SPICY, SATISFYING SEX LIFE

Joan Price. Berkeley: Cleis Press, 2015, 408 p.

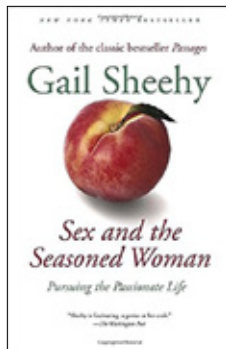
Sex changes with aging, but for every problem, there is a solution. *The Ultimate Guide to Sex After Fifty* delivers solid, practical information in a friendly, accessible style to help all genders and orientations, partnered or unpartnered, enjoy their sexuality for the rest of their lives.



NAKED AT OUR AGE: TALKING OUT LOUD ABOUT SENIOR SEX

Joan Price. Berkeley: Seal Press, 2011, 387 p.

Joan Price is talking out loud about later-life sexuality. This book addresses senior sexuality in all its colors – the challenges, disappointments, and surprises, as well as the delights and the love stories. *Naked at Our Age* gives people over fifty a voice to tell stories of their past and present sex lives, ask questions, and get straightforward advice and information from experts.

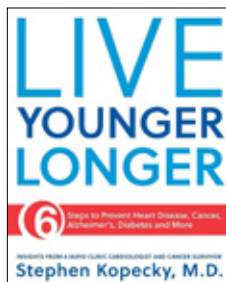


SEX AND THE SEASONED WOMAN: PURSUING THE PASSIONATE LIFE

Gail Sheehy. New York: Random House, 2006, 354 p.

The author takes a look at the way women – and men – of the baby boom generation are rethinking the role of love, sex, romance, and marriage on their own terms.

Healthy living



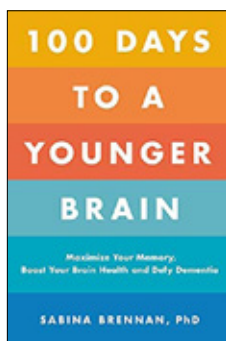
LIVE YOUNGER LONGER

Stephen L. Kopecky. Rochester, MN: Mayo Clinic Press, 2021, 223 p.

In the past century, the leading causes of death around the world have shifted from infectious diseases to long-term chronic illnesses. Paradoxically, these chronic diseases are a consequence of living longer than ever. After surviving two bouts of cancer, Dr. Stephen Kopecky, MD, set out to discover the behaviors people can adopt to live longer lives free of chronic illnesses. He discovered that the answer lies in just a few habits that require small changes to your daily life, but reap big results long-term. This book offers in-depth insights on: the best foods to eat and why; increasing physical activity and improving fitness; why your sleep habits matter; the dangers of stress and what to do about them; the true impact of alcohol and tobacco on our bodies; how to make changes that will last a lifetime.



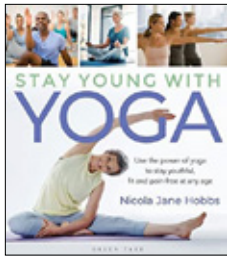
Also available on pretnumerique.ca



100 DAYS TO A YOUNGER BRAIN: MAXIMIZE YOUR MEMORY, BOOST YOUR BRAIN HEALTH AND DEFY DEMENTIA

Sabina Brennan. New York: Da Capo Lifelong Books, 2020, 304 p.

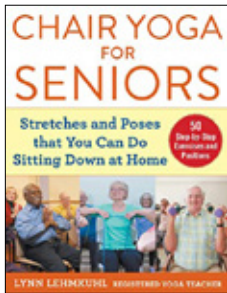
Living a brain-healthy life is not just to reduce the risk of dementia and other serious health issues but also to improve the quality of your life and brain performance now. Investing in brain health will cost you nothing but time and effort. Brain health expert Dr. Sabina Brennan's steps are simple to follow and within your control so can be integrated into daily life with ease over the course of 100 days.



STAY YOUNG WITH YOGA: USE THE POWER OF YOGA TO STAY YOUTHFUL, FIT AND PAIN-FREE AT ANY AGE

Nicola Jane Hobbs, Glen Burrows and Matt Windsor. London: Green Tree, 2020, 192 p.

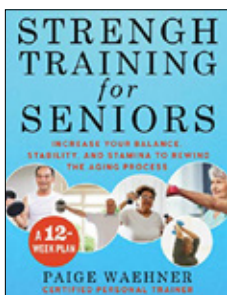
Keeping active, moving well, and stretching regularly are all important in living a long, healthy, and happy life. In *Stay Young with Yoga*, yoga teacher Nicola Jane Hobbs shows you how to stay flexible, energised and pain-free in your 40s, 50s, 60s and beyond. Whether you want move better, get stronger, ease aches and pains, or simply feel fitter and healthier, Nicola guides you through over 70 simple poses and 20 easy-to-practise sequences, with variations and modifications so you can choose poses and sequences that suit you.



CHAIR YOGA FOR SENIORS: STRETCHES AND POSES THAT YOU CAN DO SITTING DOWN AT HOME

Lynn Lehmkuhl. New York, NY: Skyhorse Publishing, 2020, 164 p.

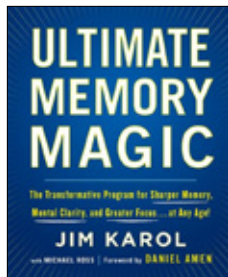
In *Chair Yoga for Seniors*, registered yoga practitioner and instructor Lynn Lehmkuhl offers readers easy-to-follow yoga positions and stretches that can be done at home, while sitting down. *Chair Yoga for Seniors* outlines the physical and mental benefits that come with practicing yoga daily, and provides instructions for numerous different exercises.



STRENGTH TRAINING FOR SENIORS: INCREASE YOUR BALANCE, STABILITY, AND STAMINA TO REWIND THE AGING PROCESS

Paige Waehner. New York, NY: Skyhorse Publishing, 2020, 160 p.

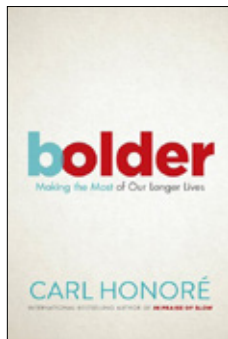
Building and retaining physical strength is integral to living a fuller, longer life. Lifting weights can reduce the symptoms of everything from osteoarthritis and back pain to depression and diabetes. In *Strength Training for Seniors*, certified personal trainer Paige Waehner provides a detailed twelve-week strength program to help you safely and gradually build power, balance, and resistance with simple, easy-to-follow exercises.



ULTIMATE MEMORY MAGIC: THE TRANSFORMATIVE PROGRAM FOR SHARPER MEMORY, MENTAL CLARITY, AND GREATER FOCUS... AT ANY AGE!

Jim Karol and Michael Ross. New York: St. Martin's Essentials, 2019, 272 p.

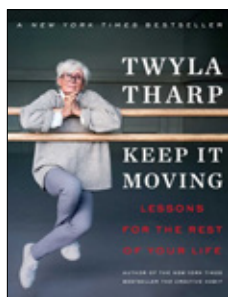
As we age, our memories become unreliable; we misplace things and forget details. In *Ultimate Memory Magic*, memory expert Jim Karol shows that these side effects of aging are not inevitable. His memory-boosting system, called “Cogmental Intelligence,” goes beyond preserving mental acuity and actually enhances memory and mental function through lifestyle changes and mental exercises. Concentration, alertness, and focus can all be strengthened-by anyone, at any age.



BOLDER: MAKING THE MOST OF OUR LONGER LIVES

Carl Honoré. Knopf, 2019, 304 p.

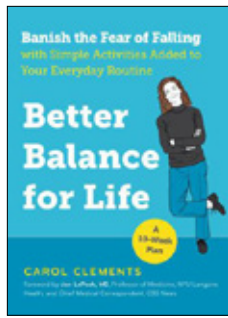
Yes, ageing is inevitable: one year from now we will all be a year older; that will never change. What can and will change is how we age – and how we can all take a much bolder approach to doing it with vigour and joy. The time has come to cast off prejudices and to blur the lines of what is possible and permissible at every stage of life. In other words: we need to learn to re-imagine our approach to later life. Emboldening ourselves in older age demands big structural changes. For a start, we will have to tear up the old script that locks us into devoting the early part of our life to education, the middle chunk to working and raising kids, and whatever is left over at the end to leisure. In an age-inappropriate world, these silos will dissolve. We'll embrace the idea that we can carry on learning from start to finish; that we can work less and devote more time to family, leisure, and giving back to our communities in our middle years; and that we can remain active and engaged in our later years.



KEEP IT MOVING: LESSONS FOR THE REST OF YOUR LIFE

Twyla Tharp. New York: Simon & Schuster, 2019, 178 p.

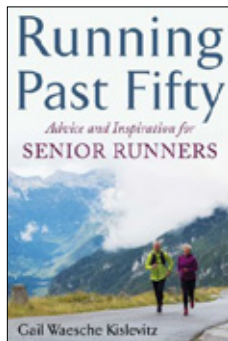
One of the world's leading artists-a living legend-and bestselling author of *The Creative Habit* shares her secrets for harnessing vitality and finding purpose as you age. From insight to action, *Keep It Moving* is a guidebook for expanding one's possibilities over the course of a lifetime.



BETTER BALANCE FOR LIFE

Carol Clements. New York: The Experiment, 2018, 208 p.

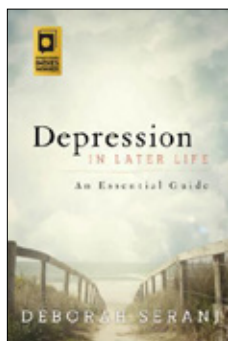
As you age, stumbling blocks are everywhere: the bottom step, the roadside curb, and even the living room carpet. But you don't have to live in fear of falling. With this book, learn activities to help you build strength and increase flexibility to improve your balance. In this ten-week program, personal trainer Carol Clements shows you effortless moves to slide into your everyday routine.



RUNNING PAST FIFTY: ADVICE AND INSPIRATION FOR SENIOR RUNNERS

Gail Waesche Kislevitz. New York: Skyhorse Publishing, 2018, 272 p.

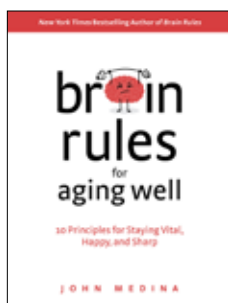
Running can bring joy and health benefits to all participants. But when legs get sore, joints feel achy, and old age creeps up, sometimes senior runners need a little extra motivation to get out of the door and on the road. In this book, lifelong runner Gail Waesche Kislevitz provides helpful tips and motivation from more than thirty runners aged fifty or older. Presenting time-tested recommendations, Kislevitz interviews some of the nation's greatest senior runners.



DEPRESSION IN LATER LIFE: AN ESSENTIAL GUIDE

Deborah Serani. Lanham: Rowman & Littlefield, 2018, 273 p.

For sufferers and their families and caregivers, this go-to guide introduces readers to depression among the aging and elderly. It looks at both sufferers who have been diagnosed in their younger years as well as those with a new diagnosis, and reviews the symptoms, diagnostic process, treatment options including alternative and holistic approaches, and long-term care for those experiencing mild, moderate, or severe depression.



BRAIN RULES FOR AGING WELL: 10 PRINCIPLES FOR STAYING VITAL, HAPPY, AND SHARP

John Medina. Brunswick: Scribe, 2017, 267 p.

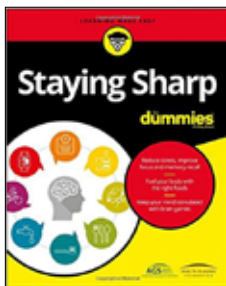
With so many discoveries over the years, science is literally changing our minds about the optimal care and feeding of the brain. All of it is captivating. A great deal of it is unexpected. This book, by developmental molecular biologist Dr. John Medina, gives you the facts, and the prescription to age well.



RELAX INTO YOGA FOR SENIORS: A SIX-WEEK PROGRAM FOR STRENGTH, BALANCE, FLEXIBILITY, AND PAIN RELIEF

Kimberly Carson and Carol Krucoff. Oakland: New Harbinger Publications, Inc., 2016, 244 p.

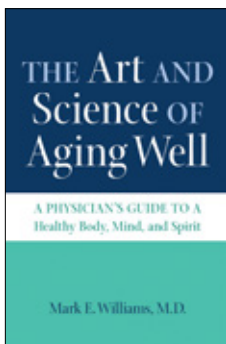
Seniors face a number of age-related issues, such as chronic pain, hypertension, heart disease, osteoporosis, arthritis, and anxiety and depression. And while some people may consider yoga a young person's practice, there is a growing body of evidence that suggests yoga can be beneficial for a wide variety of age-related ailments. This book provides a step-by-step guide that combines the best of modern, evidence-based medicine with the ancient wisdom, experience, and tradition of yogic teachings.



STAYING SHARP FOR DUMMIES

Timothy E. Parker. Hoboken: John Wiley & Sons, Inc., 2016, 596 p.

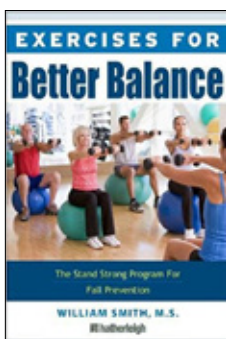
Maintaining and improving your brain's health is vital to your quality of life — a fact that becomes more important as you age. This essential guide offers tons of helpful information and tangible steps you can take to keep an active mind throughout your life.



THE ART AND SCIENCE OF AGING WELL: A PHYSICIAN'S GUIDE TO A HEALTHY BODY, MIND, AND SPIRIT

Mark E. Williams. Chapel Hill: The University of North Carolina Press, 2016, 240 p.

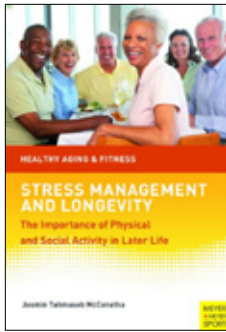
A clinical professor of medicine uses his own observations as well as clinical observations to guide people into a better quality of their old age, dispelling the notion of inevitable personal, social, economic and health declines.



EXERCISES FOR BETTER BALANCE: THE STAND STRONG WORKOUT FOR FALL PREVENTION AND LONGEVITY

William Smith. New York: Hatherleigh, 2015, 100 p.

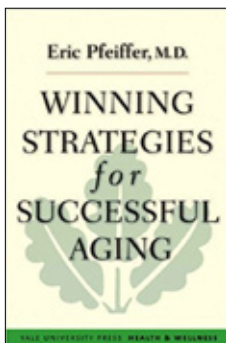
Recent scientific studies point to good balance as an indicator for longevity. As we age, our balance and coordination begin to diminish, leading to a higher risk of falls. The Stand Strong workout presented in this handbook will guide you to improve balance through simple, easy to follow exercises.



STRESS MANAGEMENT AND LONGEVITY: THE IMPORTANCE OF PHYSICAL AND SOCIAL ACTIVITY IN LATER LIFE

Jasmin Tahmaseb McConatha. Aachen; Indianapolis: Meyer & Meyer Sport, 2014, 168 p.

This book addresses the relationship between longevity, aging, and stress. It describes the varied stressors of later life and presents effective coping mechanisms. The book emphasizes the importance of physical and social activity and the healing power of nature.



WINNING STRATEGIES FOR SUCCESSFUL AGING

Eric Pfeiffer. New Haven; London: Yale University Press, 2013, 316 p.

For anyone who is approaching a 65th birthday with trepidation, this book offers heartening advice on navigating the later years of life. In short, practical chapters, Dr. Pfeiffer advises on choosing an ideal place to live, finding a range of satisfying activities, and maintaining an active social life. He also explains how best to maintain one's health, mental health, wealth, and independence. Other chapters explore the importance of a spiritual life and the value of maintaining an active sexual life. In addition, the author speaks to the value of charitable giving and describes how it is possible to prepare for a good goodbye to life. Filled with illustrative anecdotes and enhanced with a selection of poems, this book demonstrates how it is possible to direct and control the aging experience.

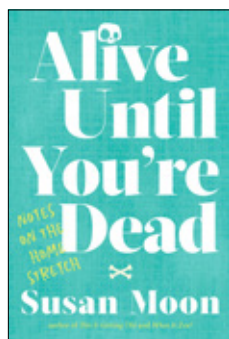


LIVING THE GOOD LONG LIFE: A PRACTICAL GUIDE TO CARING FOR YOURSELF AND OTHERS

Martha Stewart. New York: Clarkson Potter, 2013, 400 p.

From the best ways to organize your home to protecting your mental well-being and appearance as you age, this book gives accessible ideas that you can incorporate every day. And when it's time to explore caregiving for others, you'll know how to enrich their quality of life while preventing your own fatigue.

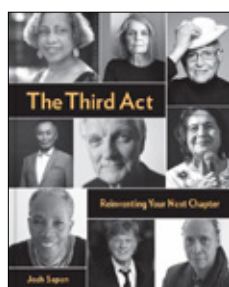
LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



ALIVE UNTIL YOU'RE DEAD: NOTES ON THE HOME STRETCH

Susan Moon. Boulder: Shambhala, 2022, 205 p.

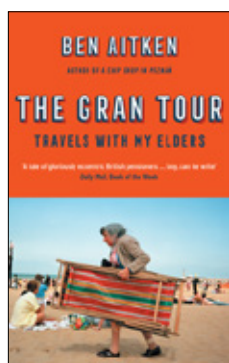
Aging isn't easy. But it can still be filled with joy—maybe even more joy than expected. Joining levity with tenderness, Moon shares stories from her own life including knee replacements, cornea surgery, Zoom chats with grandchildren, and dementia. Moon illustrates the strength that can come from within, sometimes unexpectedly, even as our bodies fail.



THE THIRD ACT: REINVENTING YOUR NEXT CHAPTER

Josh Sapan. New York: Princeton Architectural Press, 2022, 159 p.

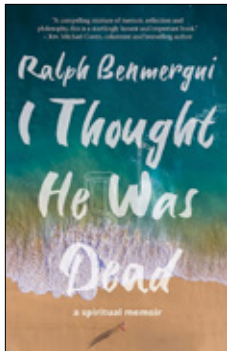
There's an entirely new way to think about what you do later in life. The Third Act profiles 60 people who are doing it differently. From names you'll know to those you've never heard of, these life stories and beautiful photographic portraits will encourage readers to bring their passions and capabilities to life at a time when many are conventionally retiring.



HE GRAN TOUR: TRAVELS WITH MY ELDERS

Ben Aitken. London: Icon Books, 2021, 309 p.

When Ben Aitken learnt that his gran had enjoyed a four-night holiday including four three-course dinners, four cooked breakfasts, four games of bingo, a pair of excursions, sixteen pints of lager and luxury return coach travel, all for a hundred pounds, he thought, that's the life, and signed himself up. Six times over. Good value aside, what Ben was really after was the company of his elders—those with more chapters under their belt, with the wisdom granted by experience, the candor gifted by time, and the hard-earned ability to live each day like it's nearly their last. A series of coach holidays ensued – from Scarborough to St Ives, Killarney to Lake Como – during which Ben attempts to shake off his thirty-something blues by getting old as soon as possible.



I THOUGHT HE WAS DEAD: A SPIRITUAL MEMOIR

Ralph Benmergui. Hamilton, ON: James Street North Books, 2021, 289 p.

When Ralph Benmergui discovered he was hours away from a deadly heart attack he realized his life had changed. What follows this awakening is a funny, profound and generous look at where he has come from – from his childhood as the youngest son of Moroccan immigrants, to his experiences during the early years of YukYuks, to his long and storied career at CBC – to where he is now, with stents in his arteries, having survived two bouts of cancer, hosting a much-loved podcast and a with practice in Hashpa'ah, Jewish Spiritual Direction. Along the way Benmergui looks critically at what it means to grow old in our society and challenges the reader to push against the stereotypes, to find a new purpose, and to claim the title and role of elder in a society that demands we strive to stay 'forever young'.



SENIOR MOMENT: NAVIGATING THE CHALLENGES OF CARING FOR MOM

Monica Graham. Halifax, NS: Nimbus Publishing, 2021, 234 p.

Monica Graham got her first inkling that her 89-year-old mother might not be able to continue living on her own when she coated chicken breasts with dishwashing liquid for dinner. It was an easy mistake—the yellow detergent lived right beside the olive oil on the kitchen counter. But as her visit with her mom in Newfoundland progressed, Graham—who lives in Pictou, Nova Scotia—began to recognize that her mother had been successfully hiding increasingly apparent signs that her memory was failing; she wasn't getting by as well as she had been letting on. So began the arduous process of finding a safe place for her mother to live—and of clearing out several decades' worth of belongings. Part memoir, part cautionary tale, part how-to guide, *Senior Moment* offers insight and practical guidance on how to usher a loved one into the world of continuing care.



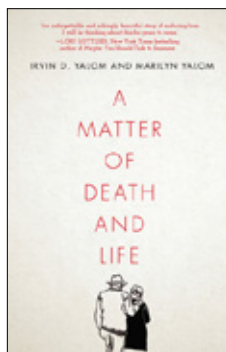
Also available on prenumerique.ca



SEE YOU ON DOWN THE ROAD: A RETIREMENT JOURNAL

Leon Hale. Houston, TX: Winedale Publishing, 2021, 250 p.

The beloved Texas writer, author of eleven previous books, tells us what it's like to live to the verge of his one hundredth birthday. Begun in 2014 when he retired at the age of 93 from the *Houston Chronicle*, the book roams through time and place and memory with the honesty, humor and optimism that has long characterized the author's work.



A MATTER OF DEATH AND LIFE

Irvin D. Yalom and Marilyn Yalom. Stanford, CA: Redwood Press, 2021, 222 p.

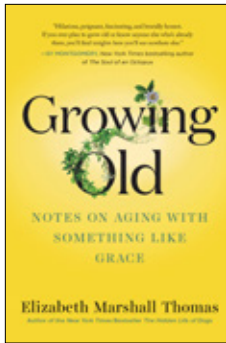
A co-written project by Irvin and Marilyn Yalom, which describes their heartbreaking journey as a couple married 65 years facing the end of their long partnership. A longtime teacher and therapist on the subject of death anxiety, Dr. Yalom now confronts the loss of his wife and his own mortality. This book will offer wisdom from one of the foremost existential psychiatrists and illuminate the importance of relationships—friendship, family, and romantic—as we all age.



IF I KNEW THEN: FINDING WISDOM IN FAILURE AND POWER IN AGING

Jann Arden. Toronto: Random House Canada, 2020, 216 p.

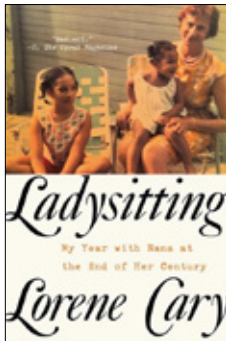
Jann Arden--bestselling author, recording artist and late-blooming TV star--is back with this funny, heartfelt and fierce memoir on becoming a woman of a certain age. The power, gravity and freedom she's found at fifty-seven are superpowers she believes all of us can unleash. Digging deep into her strengths, her failures and her losses, Jann Arden brings us an inspiring account of how she has surprised herself, in her fifties, by at last becoming completely her own person.



GROWING OLD: NOTES ON AGING WITH SOMETHING LIKE GRACE

Elizabeth Marshall Thomas. New York, NY: HarperOne, 2020, 213 p.

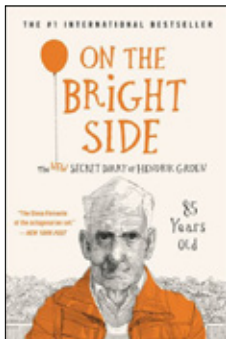
Elizabeth Marshall Thomas has spent a lifetime observing the natural world, chronicling the customs of pre-contact hunter-gatherers and the secret lives of deer and dogs. In this book, the capstone of her long career, Thomas, now eighty-eight, turns her keen eye to her own life. The result is an account of growing old that is at once funny and charming and intimate and profound, both a memoir and a life-affirming map all of us may follow to embrace our later years with grace and dignity.



LADYSITTING: MY YEAR WITH NANA AT THE END OF HER CENTURY

Lorene Cary. New York: W.W. Norton & Company, 2019, 254 p.

Shares the story of the author's relationship with her remarkable grandmother, describing the latter's youth in the Jim Crow South, devotion to black causes, and management of her own business until age one hundred.



ON THE BRIGHT SIDE: THE NEW SECRET DIARY OF HENDRIK GROEN, 85 YEARS OLD

Hendrik Groen. New York: Grand Central Publishing, 2019, 441 p.

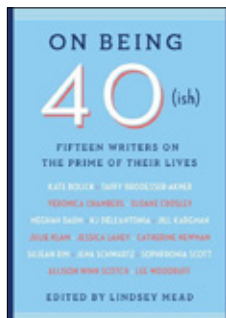
After a year spent mourning the death of his beloved friend Eefje, Hendrik may be older and a little more wobbly, but his youthful appetite for mischief hasn't diminished. When fears arise that the home is set for demolition, it's up to Hendrik and the Old-But-Not-Dead Club to intervene.



FIFTY THINGS THAT AREN'T MY FAULT: ESSAYS FROM THE GROWN-UP YEARS

Cathy Guisewite. New York: G.P. Putnam's Sons, 2019, 336 p.

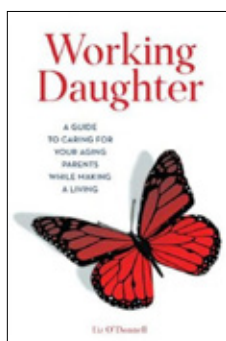
The autobiographical essays that make up *Fifty Things That Aren't My Fault* offer a disarming, hilarious, and wise look at the lives of “the sandwich generation,” which Guisewite calls “the panini generation.” In this collection, Guisewite turns her uniquely wry and funny gaze to her own day-to-day life, with topics ranging from the mundane – teaching her parents to use TiVo, organizing four decades of photos, attempting to meditate – to the more profound – her struggle to find a purpose post-retirement, helping her parents downsize their lives, and her personal definitions of feminism.



ON BEING 40(ISH)

Edited by **Lindsey Mead.** New York: Simon & Schuster, 2019, 229 p.

In this dazzling collection, fifteen writers explore this rich phase in essays that are profound and moving and above all, brimming with joie de vivre. This diverse array of voices including Veronica Chambers, Meghan Daum, Kate Bolick, Taffy Brodesser-Akner, Sloane Crosley, KJ DellAntonia, Julie Klam, Jessica Lahey, Catherine Newman, Sujean Rim, Jena Schwartz, Sophronia Scott, Allison Winn Scotch, Lee Woodruff, and Jill Kargmanoffer exciting, deeply personal, and poignant perspectives across a range of universal themesfriendship, independence, sex, beauty, aging, wisdom, and the passage of time.



WORKING DAUGHTER: A GUIDE TO CARING FOR YOUR AGING PARENTS WHILE MAKING A LIVING

Liz O'Donnell. Lanham: Rowman & Littlefield, 2019, 175 p.

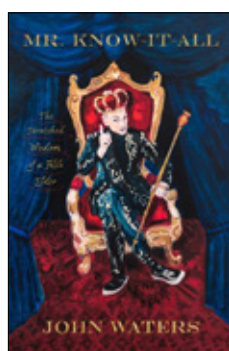
Working Daughter is the story of a woman caring for her parents while trying to hang on to her career and raise her kids, the lessons she learned, and the advice she has to share. This book provides a roadmap for women trying to navigate caring for aging parents and their careers. It's ideal for readers who want straight talk and real advice about the challenges, and the upside, to eldercare.



LATE MIGRATIONS: A NATURAL HISTORY OF LOVE AND LOSS

Margaret Renkl. Minneapolis: Milkweed Editions, 2019, 231 p.

Growing up in Alabama, Renkl was a devoted reader, an explorer of riverbeds and red-dirt roads, and a fiercely loved daughter. Here, in brief essays, she traces a tender and honest portrait of her complicated parents – her exuberant, creative mother; her steady, supportive father – and of the bittersweet moments that accompany a child's transition to caregiver.



MR. KNOW-IT-ALL: THE TARNISHED WISDOM OF A FILTH ELDER

John Waters. New York: Farrar, Straus and Giroux, 2019, 384 p.

The newest essay collection from the New York Times-bestselling John Waters, reflecting on how to overcome newfound responsibility and rebel in the autumn of your years.



Also available on prenumerique.ca



CALYPSO

David Sedaris. New York: Little, Brown and Company, 2018, 259 p.

Personal essays share the author's adventures after buying a vacation house on the Carolina coast and his reflections on middle age and mortality.



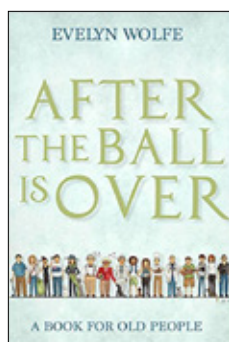
Also available on prenumerique.ca



ALL THINGS CONSOLED: A DAUGHTER'S STORY

Elizabeth Hay. Toronto: McClelland & Stewart, 2018, 272 p.

Elizabeth Hay, a Canadian novelist, has written a memoir about the shift she experienced between being her parents' daughter to their guardian and caregiver. As the daughter takes charge, and the writer takes notes, her mother and father are like two legendary icebergs floating south. They melt into the ocean of partial, painful, inconsistent, and funny stories that a family makes over time.



AFTER THE BALL IS OVER: A BOOK FOR OLD PEOPLE

Evelyn Wolfe. Oakville: Mosaic Press, 2017, 124 p.

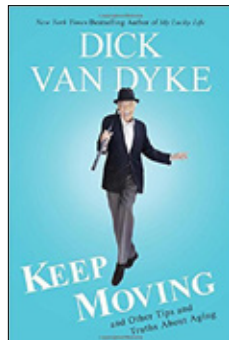
After the Ball is Over is a continuation of Wolfe's first memoir. It's a story of the 'zoomer' generation and deals with issues of aging, the death of the author's husband, friends and family, a new romance, grandchildren, bridge, travel and how to keep active and adventurous in your '80s.



SENIOR MOMENTS: LOOKING BACK, LOOKING AHEAD

Willard Spiegelman. New York: Farrar, Straus and Giroux, 2016, 208 p.

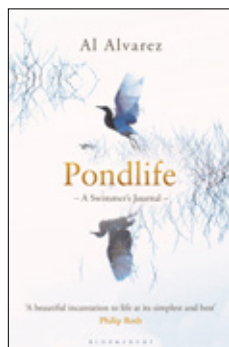
Drawing on more than six decades' worth of lessons from his storied career as a writer and professor, Willard Spiegelman reflects with candid humor and sophistication on growing old.



KEEP MOVING: AND OTHER TIPS AND TRUTHS ABOUT AGING

Dick Van Dyke and Todd Gold. Waterville: Thorndike Press, 2016, 275 p.

Show-business legend Dick Van Dyke is living proof that life gets better the longer you live it. Who better to offer instruction, advice, and humor than a man who's entering his ninth decade with a jaunty two-step? Dick Van Dyke's irrepressible belief in embracing the moment and unleashing his inner child has proven to be the ultimate elixir of youth, and his optimistic outlook is an invigorating tonic for anyone needing a reminder that life should be lived with enthusiasm despite what the calendar says.



PONDLIFE: A SWIMMER'S JOURNAL

Al Alvarez. London: Bloomsbury, 2015, 272 p.

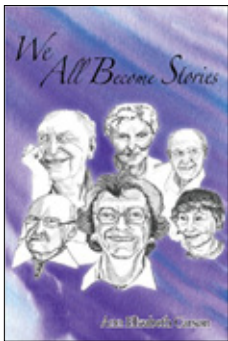
For the best part of his life, Al Alvarez — poet, critic, novelist, rock climber and poker player — has swum there almost daily. Alvarez, now in his 80s, chronicles what it is to grow old with humour and honesty — from his relentlessly nagging ankle which makes daily life a struggle, to infuriating bureaucratic battles with the council to keep his disabled person's Blue Badge, the devastating effects of a stroke, and the salvation he finds in the three S's — swimming, sex and sleep.



THAT WENT BY FAST: MY FIRST ONE HUNDRED YEARS

Frank White. Madeira Park: Harbour Publishing, 2014, 317 p.

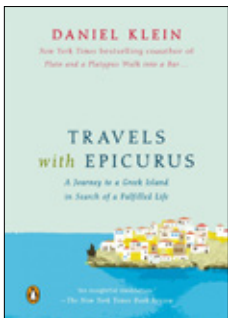
Ex-logger and gas station owner Frank White says living to the age of one hundred is not all it's cracked up to be but it has some plusses. When he trundles down to the local shopping centre in Pender Harbour pretty girls hug him and everybody in town seems to be glad he's lived another day. In this second memoir in two years, centenarian White sifts through his lengthy adventures trying to live up to those expectations of wisdom before deciding *Life just is*.



WE ALL BECOME STORIES

Ann Elizabeth Carson and Jennifer Kenneally (ill.). Cobourg: Blue Denim Press, 2013, 285 p.

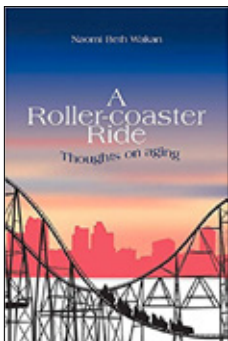
Ann Elizabeth Carson illuminates the life stories of 12 elders who adapt with courage, wit and creativity, to forge satisfying lives in a modern Western society that seldom welcomes or respects the old.



TRAVELS WITH EPICURUS: A JOURNEY TO A GREEK ISLAND IN SEARCH OF A FULFILLED LIFE

Daniel M. Klein. New York: Penguin Books, 2012, 164 p.

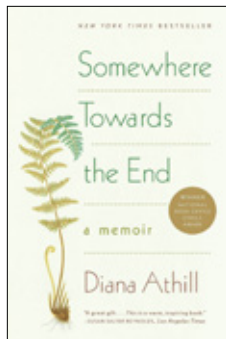
Describes how the author journeyed to Greece with a suitcase full of philosophy books in order to learn how to achieve a fulfilling old age, explaining how he came to regard old age as a life stage filled with simple and heady pleasures.



A ROLLER-COASTER RIDE: THOUGHTS ON AGING

Naomi Beth Wakan. Hamilton: Poplar Press, 2012, 227 p.

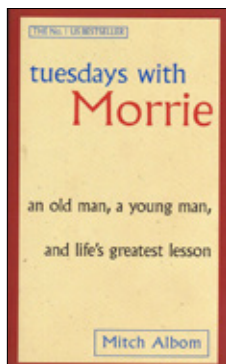
Now past her eightieth birthday, Naomi Beth Wakan is well placed to be writing about aging. Qualifying between merely being old and old-old, she considers retirement homes, elder abuse, death and the often thorny question of what to call people once they're past retirement. With humour and honesty, she looks at the disconnect between how she sees herself and how the world sees her and concludes it's this inner view that decides nearly everything about aging.



SOMEWHERE TOWARDS THE END: A MEMOIR

Diana Athill. New York: W. W. Norton, 2009, 182 p.

Diana Athill is one of the great editors in British publishing. Now in her ninety-first year, Athill reflects candidly, and sometimes with great humor, on the condition of being old the losses and occasionally the gains that age brings, the wisdom and fortitude required to face death.

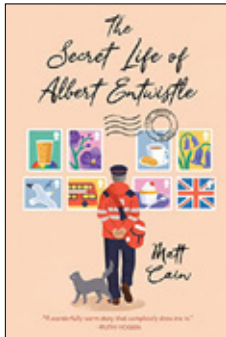


TUESDAYS WITH MORRIE: AN OLD MAN, A YOUNG MAN, AND LIFE'S GREATEST LESSON

Mitch Albom. New York: Broadway Books, 2007, 199 p.

Maybe it was a grandparent, or a teacher, or a colleague. Someone older, patient and wise, who understood you when you were young and searching, helped you see the world as a more profound place, gave you sound advice to help you make your way through it. For Mitch Albom, that person was Morrie Schwartz, his college professor from nearly twenty years ago. Maybe, like Mitch, you lost track of this mentor as you made your way, and the insights faded, and the world seemed colder. Wouldn't you like to see that person again, ask the biggest questions that still haunt you, receive wisdom for your busy life today the way you once did when you were younger? Mitch Albom had that second chance. He reconnected with Morrie in the last months of the older man's life. Knowing he was dying, Morrie visited with Mitch in his study every Tuesday, just as they used to back in college. Their rekindled relationship turned into one final *class* lessons in how to live. *Tuesdays with Morrie* is a chronicle of their time together, through which Mitch shares Morrie's lasting gift with the world.

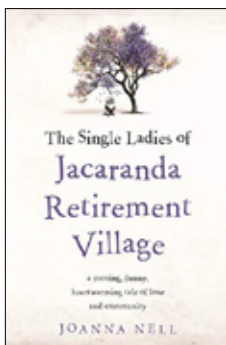
NOVELS

**THE SECRET LIFE OF ALBERT ENTWISTLE****Matt Cain.** London: Headline, 2021, 448 p.

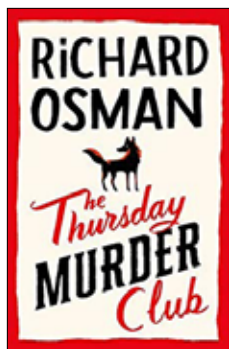
64-year-old Albert Entwistle has been a postman in a quiet town in Northern England for all his life, living alone since the death of his mam 18 years ago. He keeps to himself. He always has. But he's just learned he'll be forced to retire on his next birthday. With no friends and nothing to look forward to, the lonely future he faces terrifies him. He realizes it's finally time to be honest about who he is. He must learn to ask for what he wants. And he must find the courage to look for George, the man that, many years ago, he lost—but has never forgotten...

**SECOND FIRST IMPRESSIONS****Sally Thorne.** New York: William Morrow, an imprint of HarperCollinsPublishers, 2021, 336 p.

A spoiled, rich young man named Teddy reluctantly agrees to become an assistant to two casually exploitative nonagenarian sisters living at Providence Retirement Villa, before unexpectedly catching the eye of the property's serious-minded manager, Ruthie.

**THE SINGLE LADIES OF JACARANDA RETIREMENT VILLAGE****Joanna Nell.** Sydney, N.S.W.: Hachette Australia, 2020, 384 p.

The life of 79-year-old pensioner Peggy Smart is as beige as the décor in her retirement village. Her week revolves around aqua aerobics and appointments with her doctor. Following a very minor traffic accident, things have turned frosty with her grown-up children and she is afraid they are trying to take away her independence. Noticing her memory isn't what it used to be, Peggy is taking ever more inventive steps to cover up her dwindling faculties. The highlight of Peggy's day is watching her neighbour Brian head out for his morning swim...



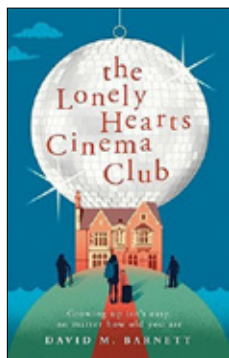
THE THURSDAY MURDER CLUB

Richard Osman. New York: Pamela Dorman Books/Viking, 2020, 355 p.

In a peaceful retirement village, four unlikely friends meet weekly in the Jigsaw Room to discuss unsolved crimes; together they call themselves The Thursday Murder Club. Elizabeth, Joyce, Ibrahim and Ron might be pushing eighty but they still have a few tricks up their sleeves. When a local developer is found dead with a mysterious photograph left next to the body, the Thursday Murder Club suddenly find themselves in the middle of their first live case. As the bodies begin to pile up, can our unorthodox but brilliant gang catch the killer, before it's too late?



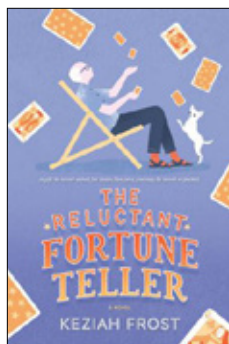
Also available on prenumerique.ca



THE LONELY HEARTS CINEMA CLUB

David M. Barnett. London: Orion, 2018, 297 p.

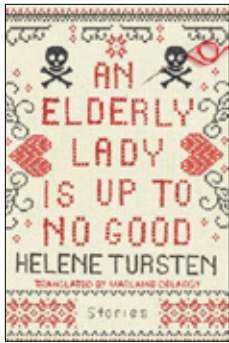
Twenty-year-old Jenny is struggling to make friends at university, and moves into Sunset Promenade to escape her problems. Her roommates are a little older than she was expecting – Sunset Promenade is a private nursing home, taking in students to save money. At first the new residents clash, but when Jenny introduces a movie night the group realise they have more in common than they think.



THE RELUCTANT FORTUNE-TELLER

Keziah Frost. Toronto: Park Row Books, 2018, 317 p.

Norbert Zelenka has always lived life on the sidelines. It's how at seventy-three years old he finds himself broke and alone. But when Carlotta's Club – three strong-willed seniors with a flair for drama – decide to make Norbert their latest project, he reluctantly agrees to their scheme.



AN ELDERLY LADY IS UP TO NO GOOD

Helene Tursten. New York: Soho Crime, 2018, 171 p.

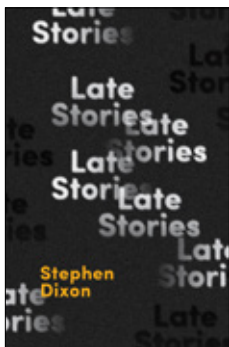
Maud is an irascible 88-year-old Swedish woman with no family, no friends, and... no qualms about a little murder. Ever since her darling father's untimely death when she was only eighteen, Maud has lived in the family's spacious apartment in downtown Gothenburg rent-free, thanks to a minor clause in a hastily negotiated contract. Now in her late eighties, Maud contents herself with traveling the world and surfing the net from the comfort of her father's ancient armchair. It's a solitary existence, and she likes it that way.



HOW DID THIS HAPPEN?: POEMS FOR THE NOT SO YOUNG ANYMORE

Mary D. Esselman and Elizabeth Ash Velez. New York: Grand Central Publishing, 2017, 231 p.

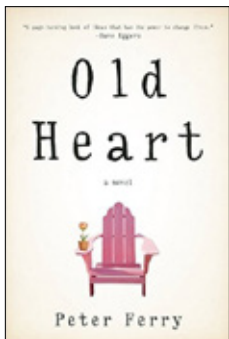
A collection of poems that takes the sting out of "aging while female".



LATE STORIES

Stephen Dixon. Chicago: Trnsfr Books, 2016, 327 p.

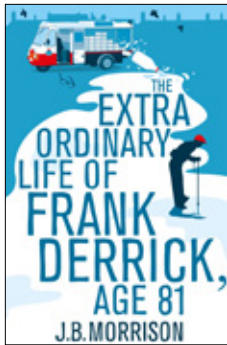
The interlinked tales in this *Late Stories* detail the excursions of an aging narrator navigating the amorphous landscape of grief in a series of tender and often waggishly elliptical digressions.



OLD HEART

Peter Ferry. Lakewood: Unbridled Books, 2015, 246 p.

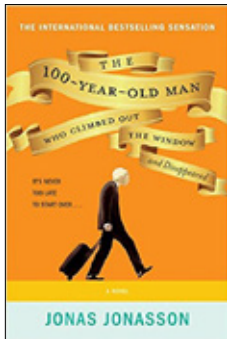
Tom Johnson has turned 85 and has suffered a few *events*, though he knows his mind is sharp. His oldest son, who had Down Syndrome has died, and his remaining two children want to move him out of the homestead lake house and into a retirement home in town. What Tom wants to do is to find the only woman he ever loved, a woman he met in the Netherlands where he was stationed during World War II.



THE EXTRA ORDINARY LIFE OF FRANK DERRICK, AGE 81

J.B. Morrison. London: Pan Macmillan, 2014, 279 p.

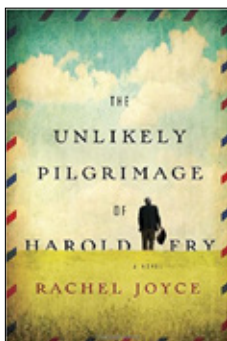
Frank Derrick is eighty-one. And he's just been run over by a milk float. It was tough enough to fill the hours of the day when he was active. But now he's broken his arm and fractured his foot, it looks set to be a very long few weeks ahead. Frank lives with his cat Bill (which made more sense before Ben died) in the typically British town of Fullwind-on-Sea. He watches DVDs, spends his money frivolously at the local charity shop and desperately tries to avoid cold callers continually knocking on his door. Then a breath of fresh air comes into his life in the form of Kelly Christmas, home help. With her little blue car and appalling parking, her cheerful resilience and ability to laugh at his jokes, Kelly changes Frank's extra ordinary life.



THE 100-YEAR-OLD MAN WHO CLIMBED OUT THE WINDOW AND DISAPPEARED

Jonas Jonasson. New York: Hyperion, 2012, 384 p.

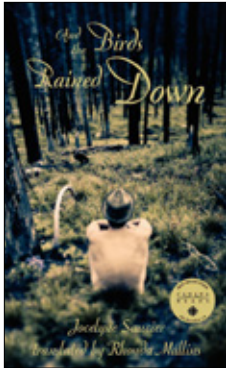
After a long and eventful life, Allan Karlsson ends up in a nursing home, believing it to be his last stop. The only problem is that he's still in good health, and in one day, he turns 100. A big celebration is in the works, but Allan really isn't interested (and he'd like a bit more control over his vodka consumption). So he decides to escape. He climbs out the window in his slippers and embarks on a hilarious and entirely unexpected journey, involving, among other surprises, a suitcase stuffed with cash, some unpleasant criminals, a friendly hot-dog stand operator, and an elephant (not to mention a death by elephant).



THE UNLIKELY PILGRIMAGE OF HAROLD FRY

Rachel Joyce. Toronto: Bond Street Books, 2012, 336 p.

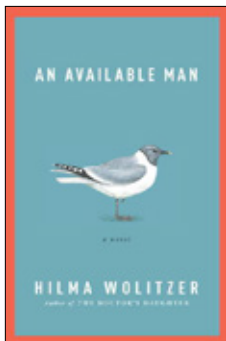
Recently retired, sweet, emotionally numb Harold Fry is jolted out of his passivity by a letter from Queenie Hennessy, an old friend, who he hasn't heard from in twenty years. She has written to say she is in hospice and wanted to say goodbye. Leaving his tense, bitter wife Maureen to her chores, Harold intends a quick walk to the corner mailbox to post his reply but instead, inspired by a chance encounter, he becomes convinced he must deliver his message in person to Queenie – who is 600 miles away – because as long as he keeps walking, Harold believes that Queenie will not die.



AND THE BIRDS RAINED DOWN

Jocelyne Saucier. Toronto: Coach House Books, 2012, 157 p.

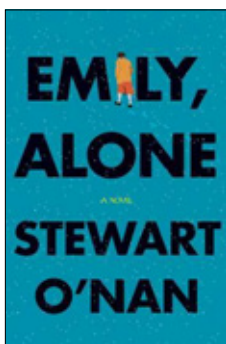
Tom and Charlie have decided to live out the remainder of their lives on their own terms, hidden away in a remote forest, their only connection to the outside world a couple of pot growers who deliver whatever they can't eke out for themselves. But one summer two women arrive... A haunting meditation on aging and self-determination.



AN AVAILABLE MAN: A NOVEL

Hilma Wolitzer. New York: Ballantine Books, 2012, 285 p.

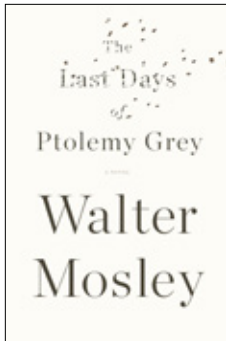
When Edward Schuyler, a modest and bookish sixty-two-year-old science teacher, is widowed, he finds himself ambushed by female attention. There are plenty of unattached women around, but a healthy, handsome, available man is a rare and desirable creature. Edward receives phone calls from widows seeking love, or at least lunch, while well-meaning friends try to set him up at dinner parties. Even an attractive married neighbor offers herself to him. The problem is that Edward doesn't feel available. He's still mourning his beloved wife, Bee, and prefers solitude and the familiar routine of work, gardening, and birdwatching. But then his stepchildren surprise him by placing a personal ad in *The New York Review of Books* on his behalf. Soon the letters flood in, and Edward is torn between his loyalty to Bee's memory and his growing longing for connection.



EMILY, ALONE

Stewart O'Nan. New York: Viking, 2011, 255 p.

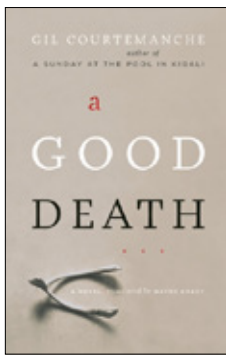
Newly independent widow Emily Maxwell dreams of visits by grandchildren and mourns changes in her quiet Pittsburgh neighborhood before realizing an inner strength to pursue developing opportunities.



THE LAST DAYS OF PTOLEMY GREY

Walter Mosley. New York: Riverhead Books, 2010, 277 p.

At ninety-one years old, Ptolemy Grey is one of the world's forgotten: by his family, by his friends, by even himself. Marooned in a cluttered Los Angeles apartment overflowing with mementos from his past, Ptolemy sinks deeper into lonely dementia and into a past that's best left buried. He's determined to pass the rest of his days with only his memories for company. Until, at his grandnephew's funeral, he meets Robyn and experiences a seismic shift, in his head, his heart, and his life.



A GOOD DEATH

Gil Courtemanche. Vancouver: Douglas & McIntyre, 2006, 206 p.

On Christmas Eve, a family has gathered around the table for the obligatory dinner. The father, once an imposing figure who terrorized his children, has suddenly fallen prey to Parkinson's. Yesterday's tyrant is now trapped inside a disintegrating body. André, the eldest child, is nearing 60. He has never loved the father who lied too much, abused too much, manipulated too much. But still, this holiday week, André; cannot help but be moved. How should he behave toward a parent to whom all pleasures are forbidden? Should he struggle to prolong the old man's life, or help him end it?

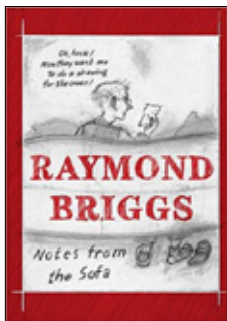
COMICS



BIRD IN A CAGE

Rebecca Roher. Wolfville: Conundrum Press, 2016, 109 p.

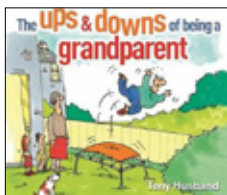
Once a sharp, strong-willed and independent woman, Roher's grandmother's life took an unexpected turn when an accident left her with a brain injury, leading to early onset dementia. An unlikely protagonist, grandma was an elderly woman trapped by her deteriorating mind, aging body and the walls around her. This story illuminates the often overlooked narrative of a senior, her complicated history and inner life. Loveable and tragic, she is determined to get back to a familiar place, to be home again.



NOTES FROM THE SOFA

Raymond Briggs. London: London Unbound, 2015, 208 p.

In this book, Raymond Briggs traces the course of his life in a series of wonderfully observed vignettes that take him from the awkwardness and embarrassment of growing up to the vicissitudes and frustrations of growing old.



THE UPS & DOWNS OF BEING A GRANDPARENT

Tony Husband. London: Arcturus Publishing Limited, 2015, 128 p.

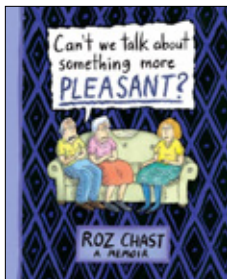
No one loves kids more than their grandparents, but sometimes they can overdo things. From breaking the rules of babysitting to sharing lovely moments and from giving advice to singing songs, this is a gift book featuring more than 120 cartoons drawn by Private Eye's Tony Husband.



DISPLACEMENT

Lucy Knisley. Seattle: Fantagraphics Books, 2015, 156 p.

In this book, Lucy Knisley volunteers to watch over her ailing grandparents on a cruise. In a book that is part graphic memoir, part travelogue, and part family history, Knisley not only tries to connect with her grandparents, but to reconcile their younger and older selves. She is aided in her quest by her grandfather's WWII memoir, which is excerpted.



CAN'T WE TALK ABOUT SOMETHING MORE PLEASANT?

Roz Chast. New York: Bloomsbury, 2014, 228 p.

In her first memoir, New Yorker cartoonist Roz Chast brings her signature wit to the topic of aging parents. Spanning the last several years of their lives and told through four-color cartoons, family photos, and documents, and a narrative as rife with laughs as it is with tears, Chast's memoir is both comfort and comic relief for anyone experiencing the life-altering loss of elderly parents.



OH, SURE! BLAME IT ON THE DOG!: A PICKLES COLLECTION

Brian Crane. Reno: Baobab Press, 2013, 139 p.

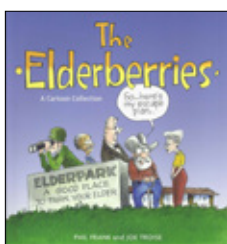
A compilation of cartoons featuring Earl and Opal Pickles coping with grandkids, pets and each other.



SPECIAL EXITS: A GRAPHIC MEMOIR

Joyce Farmer. Seattle: Fantagraphics Books, 2010, 200 p.

Chronicles the final years of Lars and Rachel's lives, their relationship with one another and with their daughter, and how they cope with the emotional fragility of the most taxing time in their lives.



THE ELDERBERRIES: A CARTOON COLLECTION

Phil Frank and Joe Troise. Kansas City: Andrews McMeel Pub., 2008, 128 p.

The Elderberries is Hogan's Heroes set in a retirement community. As more than a third of the American population strolls into senior citizenry, cartoonists Phil Frank and Joe Troise present *The Elderberries* – a heartwarming strip that follows the lives of five aging friends who reside at Elderpark, the good place to park your elder.

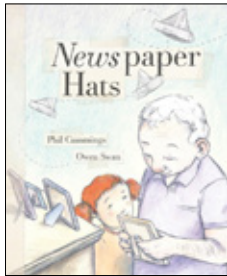


NO MORE SHAVES

David Greenberg. Seattle: Fantagraphics Books, 2003, 144 p.

David Greenberger presents the beauty and comical wisdom of the often bizarre and occasionally poignant things said by his elderly friends. Too frequently the elderly are ignored or denied a voice in our contemporary culture; Greenberger allows them the opportunity to share their opinions, wit and creativity in ways rarely experienced by many.

YOUTH LITERATURE



AGES 3 TO 7

NEWSPAPER HATS

Phil Cummings and Owen Swan (ill.). Watertown: Charlesbridge, 2016, 32 p.

A little girl, Georgie, visits her grandfather in the nursing home where he is suffering from memory loss, and manages to reconnect with him when they make newspaper hats for everyone.

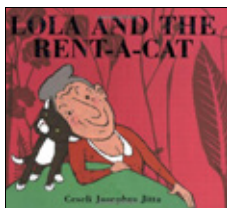


AGES 3 TO 8

TALIA AND THE HAMAN-TUSHIES

Linda Elovitz Marshall and Francesca Assirelli (ill.). Minneapolis: Kar-Ben Publishing, 2017, 24 p.

Grandma tells Talia the story of brave Queen Esther as they bake hamantaschen for Purim. Talia is confused when she thinks the cookies are called Haman-tushies.

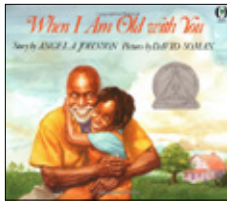


AGES 4 TO 7

LOLA AND THE RENT-A-CAT

Josephus Jitta Ceseli. London: Frances Lincoln Children's, 2010, 32 p.

Lola and John have been married since they were young. Together they can reach anything, and together they stay balanced. Together they look after each other, and together they remember the shopping list. After the death of her John, Lola is very lonely. The days are long, and there is no one to look after anymore. She reads; she watches TV. Then one day she goes on the Internet and discovers www.rentacat.com. Can Tim the cat be a new companion for Lola? A charming and quirky take on the sensitive subjects of bereavement and care of the elderly, *Lola and the Rent-a-Cat* reminds readers that elderly people should be treated with respect and consideration.

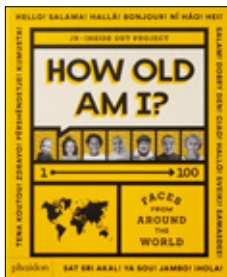


AGES 4 TO 7

WHEN I AM OLD WITH YOU

Angela Johnson. New York: Orchard Books, 1993, 31 p.

A small child imagines a future when he will be old with his Granddaddy. The African-American child and grandfather are distinct individuals, yet also universal figures, recognizable to anyone who has ever shared the bond of family love across generations.

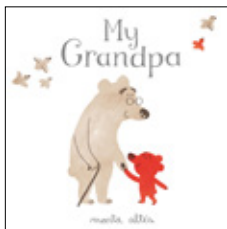


AGES 4 TO 8

HOW OLD AM I? 1-100: FACES FROM AROUND THE WORLD

Julie Pugeat and JR. New York: Phaidon Press, 2021, 216 p.

Meet people from ages 1 to 100 across the world in this first-ever visual reference book on age. Find striking close-up portraits paired with personal stories, experiences, and hopes for the future. Join us on a visual celebration of age across our diverse planet!

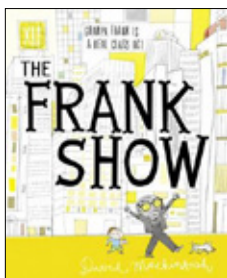


AGES 5 TO 7

MY GRANDPA

Marta Altes. New York: Harry N. Abrams, 2013, 32 p.

This unique look at old age through the eyes of a young bear is big-hearted, poignant, and beautifully observed. Whether they are boldly traveling the world in an armchair or quietly listening to the song of a hidden bird, the mutual adoration of grandfather and grandson is warmly evident.

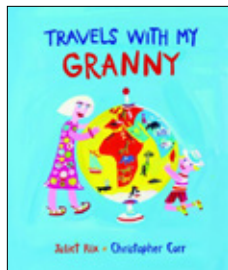


AGES 5 TO 7

THE FRANK SHOW

David Mackintosh. New York: Harry N. Abrams, 2012, 32 p.

Grandpa Frank doesn't have any interesting hobbies unless you count complaining about how everything was better in the old days. He doesn't speak Italian like Paolo's mom, or play the drums like Tom's uncle. He's just a grandpa. So when the young narrator of this story is forced to bring Frank to school for show-and-tell, he's sure it's going to be a disaster. But Frank has a trick — make that a tattoo — up his sleeve! And a story to go with it. After all, the longer you've been around, the more time you've had for wild adventures.



AGES 5 TO 8

TRAVELS WITH MY GRANNY

Juliet Rix and Christopher Corr (ill.). Herefordshire: Otter-Barry Books, 2019, 32 p.

Granny has travelled all over the world, to India, Egypt, China and Peru. And she still travels – in her mind and in her stories. The grown-ups say Granny doesn't know where she is, but her granchild can't wait to go on another adventure.

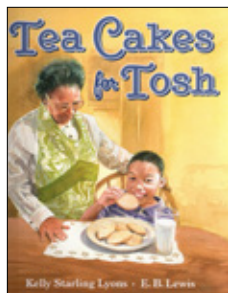


AGES 5 TO 8

WHERE IS GRANDMA?

Peter Schössow. Wellington: Gecko Press, 2017, 64 p.

Henry visits his grandmother in the hospital and decides to find her room alone. The result is an adventure, on which Henry finds friends, humour, lots of information, and at last Grandma.

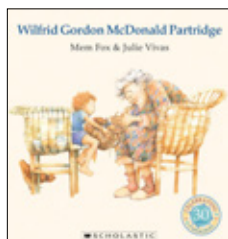


AGES 5 TO 8

TEA CAKES FOR TOSH

Kelly Starling Lyons and E. B. Lewis (ill.). New York: G. P. Putnam's Sons, 2012, 32 p.

Tosh loves listening to Grandma Honey tell family stories. His favorite is about the special tea cakes that smell like vanilla and sunshine. They were great-great-great-grandma Ida's specialty when she was a cook in the big house of a plantation. Unlike Tosh, the slave children weren't allowed to have any of the treats, though Grandma Ida always found a way to put the sugary sweetness into their hands anyway. It was a promise and taste of freedom to come.



AGES 5 TO 8

WILFRID GORDON MCDONALD PARTRIDGE

Mem Fox and Julie Vivas (ill.). St-Louis: Turtleback Books, 1991, 32 p.

Wilfrid Gordon McDonald Partridge, a rather small boy, lives next door to a nursing home in which resides Miss Nancy Alison Delacourt Cooper, his favorite friend, because she has four names as well. When Miss Nancy loses her memory, the intrepid Wilfrid sets out to find it for her.

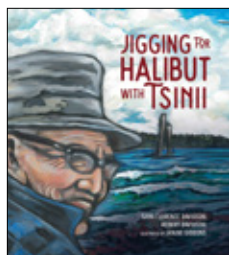


AGES 5+

THE LINES ON NANA'S FACE

Simona Ciraolo. London: Flying Eye Books, 2016, 36 p.

It's granny's birthday, but her little granddaughter wonders why, because of the lines on her face, she looks so worried! But they are simply wrinkles, and grandma is very fond of her lines because they are where she keeps her memories.

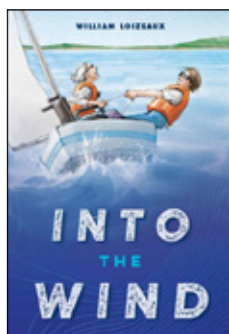


AGES 6 TO 8

JIGGING FOR HALIBUT WITH TSINII

Sara Florence Davidson, Robert Davidson and Janine Gibbons (ill.). Winnipeg, MB: HighWater Press, 2021, 40 p.

Based on Haida artist Robert Davidson's own experiences with Tsinii (his grandfather), this tender story highlights intergenerational knowledge and authentic learning experiences. Off the northern tip of Haida Gwaii, a boy goes fishing with Tsinii, his grandfather. As they watch the weather, jig for halibut, and row with the tides, the boy realizes there's more to learn from Tsinii than how to catch a fish.



AGES 8 TO 12

INTO THE WIND

William Loizeaux. Egremont, MA: One Elm Books, 2021, 186 p.

A character-driven novel about the unlikely friendship between a 10-year-old boy named Rusty and an elderly woman named Hazel, who bond over their love of sailing. Hazel helps build Rusty's confidence during a tough time in his home life. Both moving and joyful, *Into the Wind* is a poignant story about loss and love, and the surprising and sustaining bonds that can grow between the old and young.



AGES 8 TO 12

FARAH ROCKS FLORIDA

Susan Muaddi Darraj. North Mankato: Stone Arch Books, 2021, 135 p.

Farah's little brother is in the hospital with a heart problem that needs surgery, so her parents send sixth-grader Farah off to stay with her grandmother in a retirement condo in Florida; Sitti Fayrouz does not speak much English, has a lot of rules, and does not understand Farah's interest in geology, so Farah is not happy with the move—but despite being the only child in the community, Farah finds that the people are nice, and despite getting off to a bad start, she forms a friendship with Dr. Fisher, who shares her interest in science.

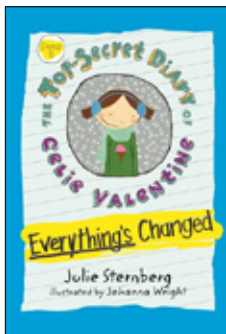


AGES 8 TO 12

HARVEY COMES HOME

Colleen Nelson and Tara Anderson (ill.). Toronto: Pajama Press, 2019, 218 p.

A young boy volunteering at a retirement home finds a stray dog and notices that it revives decades-old memories for a bitter resident. The boy bonds with the resident as he listens to stories about growing up in Saskatchewan during the Great Depression. Thanks to his new friend and his canine companion, the elderly man is able to pass away peacefully, immersed in fond memories of his youth.

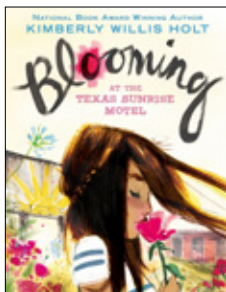


AGES 8 TO 12

EVERYTHING'S CHANGED

Julie Sternberg and Johanna Wright (ill.). Honesdale: Boyds Mills Press, 2017, 171 p.

Celie and her family have moved an hour away from her school and her friends. At her new school, Celie struggles to make friends, torn between energetic and intriguing Mary Majors Meade and sweet but shy Charlie Larken, two classmates who do not get along. On top of that, Celie deals with changes at home when her forgetful Granny and a home nurse move into their apartment. When misunderstandings lead to a falling out between Celie's older sister Jo and her boyfriend, Celie is determined to make it right. However, her choices lead to a dangerous situation. Will Celie be able to handle all these new changes in her life?

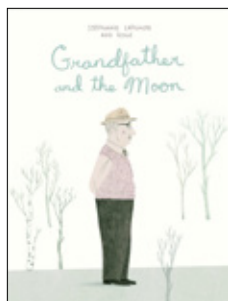


AGES 8 TO 14

BLOOMING AT THE TEXAS SUNRISE MOTEL

Kimberly Willis Holt. New York: Henry Holt and Co., 2017, 336 p.

After the sudden death of her parents, Stevie, thirteen, is sent to live at a rundown motel, where she charms everyone except her estranged grandfather.



AGES 10 TO 13

GRANDFATHER AND THE MOON

Stéphanie Lapointe and Rogé (ill.). Toronto; Berkeley: Groundwood Books: House of Anansi Press, 2017, 100 p.

Tells the story of a loving granddaughter who worries about her grandfather's depression after the loss of her grandmother and enters a contest to travel to the moon, with unexpected results.



AGES 10 TO 14

THE LAST BEST DAYS OF SUMMER

Valerie Hobbs. New York: Farrar, Straus and Giroux, 2010, 197 p.

For twelve-year-old Lucy Crandall, the last week of August is the most perfect time in the world. It's the week she gets to spend with Grams at the lake house, canoeing, baking cookies, and glazing pots in Grams's potting shed. Grams has a way of making Lucy feel centered, like one of the pots on her kick wheel – perfect, steady, and completely at peace. But this summer, Grams doesn't seem to be exactly the person she once was. And as the week turns into a roller coaster of surprises – some good, some awful – Lucy can't help but wonder: Will things ever be centered again?



AGES 16+

THE WAY BACK HOME

Allan Stratton. London: Andersen Press, 2017, 269 p.

One misunderstood teen. One eccentric granny. One missing uncle. A coming-of-age story that gets to the heart of one family's secrets. Zoe's straitlaced and narrow-minded parents don't understand her – they are shocked by her swearing and believe that she's a bad girl. They also want to put Zoe's Granny in a senior's home, despite Zoe's objections. Sure, Granny has become a bit odd and her memory is spotty, but she's outspoken and funny, and Zoe loves her.

FILM, SERIES AND PROGRAM SUGGESTIONS

DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF
DVDS AND BLU-RAYS THAT CAN BE BORROWED.
THEY ALSO OFFER ONLINE ACCESS TO MOVIES,
SERIES AND PROGRAMS. CHECK WITH YOUR
LOCAL LIBRARY.

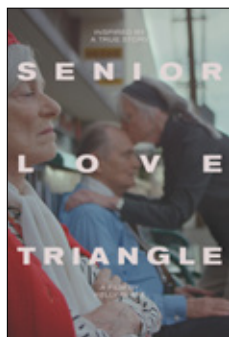
FICTION



QUEEN BEES

Michael Lembeck. 2021, 100 min.

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community. Once behind the doors of Pine Grove Senior Community, she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying 'mean girls' the likes of which she hasn't encountered since high school, all of which leaves her yearning for the solitude of home. But somewhere between flower arranging and water aerobics, Helen discovers that it's never too late to make new friends and perhaps even find a new love.



SENIOR LOVE TRIANGLE

Kelly Blatz. 2019, 98 min.

Drama (United States). An 84-year-old charming but delusional WWII veteran forms relationships with two elderly women and goes on a crusade to save them from the isolation of their retirement homes in East Hollywood.



POMS

Zara Hayes. 2019, 90 min.

Comedy, drama (United Kingdom, United States). POMS is a comedy about a group of women who form a cheerleading squad at their retirement community, proving that you're never too old to "bring it"!





THE FAREWELL

Lulu Wang. 2019, 100 min.

Drama (United States). A Chinese family discover their grandmother has only a short while left to live and decide to keep her in the dark, scheduling a wedding to gather before she dies.



OUR SOULS AT NIGHT

Ritesh Batra. 2017, 103 min.

Drama (United States). Fonda and Redford star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.

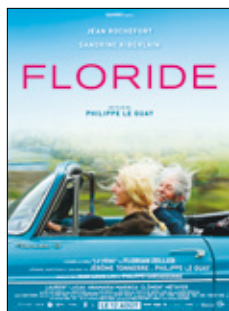


MAMIE

Janice Nadeau, National Film Board of Canada. 2016, 6 min.

Online: www.onf.ca/film/mamie_en/

Animated short (Canada). Mamie lives in Gaspésie in a house that faces away from the sea. Her granddaughter wonders: "Why isn't Mamie interested in me or her other grandchildren? Why won't she give me any affection or her beautiful blanket? What happened that made Mamie so indifferent?" Just like her home, Mamie shuts herself off and won't let anyone into her heart. If it's true that we are the summary of our experiences and those we allow into our lives, what remains if we don't let anyone in?



FLORIDA

Philippe Le Guay. 2015, 109 min. (original title: Floride)

Drama, comedy (France). Although he's now eighty years old, Claude Lherminier is still as imposing as he ever was. But his bouts of forgetfulness and confusion are becoming increasingly frequent. Even so, he stubbornly refuses to admit that anything is wrong. Carole, his oldest daughter, wages a daily and taxing battle to ensure that he's not left on his own. Claude suddenly decides on a whim to go to Florida. What lies behind this sudden trip?



GRACE AND FRANKIE

Marta Kauffman and Howard J. Morris. (2015-)

TV serie (United States). Finding out that their husbands are not just work partners, but have also been romantically involved for the last twenty years, two women with an already strained relationship try to cope with the circumstances together.

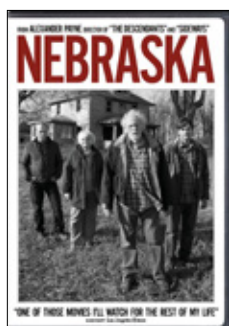


UNSUITABLE
FOR YOUNG
CHILDREN

LAND HO!

Martha Stevens and Aaron Katz. 2014, 95 min.

Comedy (Iceland, United States). A pair of former brothers-in-law embarks on a road trip through Iceland.



NEBRASKA

Alexander Payne. 2013, 114 min.

Comedy, drama (Canada). After receiving a sweepstakes letter in the mail, a cantankerous father thinks he's struck it rich, and wrangles his estranged son into taking a road trip to claim the fortune. Getting waylaid in the father's hometown in Nebraska, the son tries to reconnect with his impenetrable father.

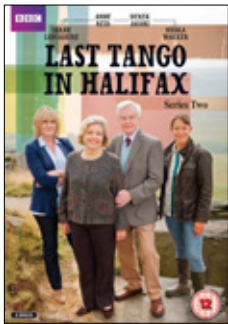


13+

AMOUR

Michael Haneke. 2012, 127 min.

Drama (France, Austria). A tale of a loving couple whose unbreakable bonds of marriage are tested by life's greatest challenge.



G

LAST TANGO IN HALIFAX

BBC One. (2012-)

TV series, drama (United Kingdom). The intricate dance of life continues in this heartwarming drama series about two long-lost childhood sweethearts and the 60 years of baggage they bring to their better-late-than-never marriage.



G

LATE BLOOMERS

Julie Gavras. 2011, 95 min. (original title: Trois fois 20 ans)

Comedy, drama (France, Belgium United Kingdom). Adam and Mary love each other but life conspires to drive them apart. As they deftly juggle children, grandchildren, work, and friends, they react to the challenges of life in opposite ways – Adam desperately searches for a fountain of youth while Mary focuses on looking after her family. When their methods clash, their separation seems inevitable.



G

ALL TOGETHER

Stéphane Robelin. 2011, 91 min. (original title: Et si on vivait tous ensemble?)

Comedy, drama (France, Germany). Five old friends decide to move in together as an alternate to living in a retirement home; joining them is an ethnology student whose thesis is on the aging population.



GETTING ON

HBO. (2009-2012)

TV series, dark comedy (United States). The series takes place in the geriatric wing of a struggling hospital and follows staff of overworked doctors and nurses and their elderly patients. The hospital's care workers do whatever it takes to stay sane while dealing with unruly patients, their children and their bosses.



UP

Peter Docter and Bob Peterson. 2009, 96 min.

Animated film (United States). Carl Fredericksen, a retired balloon salesman, is part rascal and part dreamer who is ready for his last chance at high-flying excitement. Tying thousands of balloons to his house, Carl sets off to the lost world of his childhood dreams. The world's most unlikely duo reach new heights and meet fantastic friends. Stuck together in the wilds of the jungle, Carl realizes that sometimes life's biggest adventures aren't the ones you set out looking for.



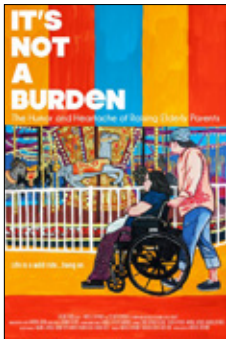
TATIE DANIELLE

Étienne Chatiliez. 1990, 106 min.

Dark comedy (France). Auntie Danielle lives with a paid housekeeper who she regularly abuses.

DOCUMENTARIES

General



IT'S NOT A BURDEN: THE HUMOR AND HEARTACHE OF RAISING ELDERLY PARENTS

Michelle Boyaner. 2021, 86 min.

An intimate, humorous and heartfelt journey into the stories of adult children navigating the challenges and joys of caring for their aging parents.



THE DR. ANDREW WEIL COLLECTION

Tony Greco. 2019, 400 min.

Documentary (United States). Five of Dr. Weil's landmark programs on health and nutrition in one essential DVD set: *8 Weeks to Optimum Health*; *Spontaneous Healing*; *Eating Well for Optimum Health*; *Dr. Andrew Weil's Healthy Aging*; and *Dr. Andrew Weil's Guide to Eating Well*.



THE BLESSINGS OF AGING

Jenny Schweitzer Bell. 2018, 4 min 55 s.

Online: <https://vimeo.com/306408994>

Residents of a retirement community tell us about the many upsides of getting older. Filmed on the campus of the Hebrew Home at Riverdale, featuring residents of the Hebrew Home, RiverWalk, and RiverSpring Assisted Living.



JUNK MAIL

Charles Frank. 2015, 11 min.

Online: <https://vimeo.com/142997373>

Documentary (United States). 98-year-old Mary reminds us that people her age are sometimes forgotten, but still very much alive. Call your grandma.



SEATTLE SENIORS HOME BRINGS YOUNG AND OLD TOGETHER

The national, CBC. 2015, 9 min.

Online: www.youtube.com/watch?v=3LGSfgOi9UU

A Seattle senior's home is bringing together the very young and the very old. Ioanna Roumeliotis goes inside *The Mount*.



DESPERATE ACTS: SUICIDE AND THE ELDERLY

The National, CBC. 2000, 23 min.

We meet three people who have decided to break the silence and share their stories, speaking out about the despair that led them to try to end their lives. Seniors feeling frail, isolated and depressed are the most likely to turn to suicide. How can families, the medical community and society help those at risk?

TAKING PART IN ONE'S HEALTH CARE

This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

WHAT DOES PATIENT-AS-PARTNER MEAN?

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

ORGANIZATIONS AND ASSOCIATIONS

General

CENTRE OF EXCELLENCE FOR PARTNERSHIP WITH PATIENTS AND THE PUBLIC (CEPPP)

Phone 514 890-8000, ext. 15488

Website <https://ceppp.ca/en/>

The CEP PP aims to make collaborating with patients and the public a science, a culture and the new standard to improve the health of all and the (health) experience of each. Its purpose is to integrate the patient into their care team and the citizen into their healthcare system.

HEALTHCARE EXCELLENCE CANADA

Toll free 1-866-421-6933

Website <https://www.healthcareexcellence.ca/en/>

Healthcare Excellence Canada is an organization with a relentless focus on improving healthcare, with – and for – everyone in Canada. It brings together the Canadian Patient Safety Institute and Canadian Foundation for Healthcare Improvement. Several of its programs are aimed directly at patients and their families in order to improve their safety and the quality of health services.

INSTITUT DE PLANIFICATION DES SOINS DU QUÉBEC

Phone 514 805-2408

Website www.planificationdessoins.org

The Institute's mission is to help people with loss of autonomy or suffering from a degenerative disease to plan their health care. It notably offers different tools as well as lectures and online training. Website only in French.

Legal information

CHAMBRE DES NOTAIRES DU QUÉBEC

Phone 514 879-1793
Toll free 1 800 263-1793
Website www.cnq.org/en/home.html

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

COMMUNITY JUSTICE CENTERS

Website www.justicedeproximite.qc.ca/en/

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

CONSEIL POUR LA PROTECTION DES MALADES

Phone 514 861-5922
Toll free 1 877 276-2433
Website <http://cpm.qc.ca/en/home/>

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

CURATEUR PUBLIC DU QUÉBEC

Phone 514 873-4074
Toll free 1 844 532-8728
Website quebec.ca/en/government/departments-and-agencies/curateur-public

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES

Toll free 1 877 767-2227
Website <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

JURISTES À DOMICILE

Phone 514 944-9929
Website www.juristesadomicile.com

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

PROTECTEUR DU CITOYEN

Toll free

1 800 463-5070

Website

<https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone

514 436-3744

Website

www.rpcu.qc.ca/en/

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.

INTERNET RESOURCES

General

CANADIAN MEDICAL ASSOCIATION – PATIENT VOICE

<https://www.cma.ca/patient-voice>

Patient Voice is a group of patients who lend their perspectives and experience to the Canadian Medical Association's (CMA) advocacy work. The 15-member group offers ideas on how to make Canadians healthier and contribute to the medical profession, highlighting issues that matter to the public and giving insight into the best ways for the CMA and physicians to engage with patients. Their web page features information about the group's current members, contact information for obtaining more information or getting involved, as well as a definition of Patient Partnered Care.

CHOOSING WISELY CANADA

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the "Patient Resources" tab.

COLLÈGE DES MÉDECINS DU QUÉBEC

<http://www.cmq.org/hub/en/services-au-public.aspx>

The "Services for the public" section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

GOVERNMENT OF CANADA

How older adults can use social media safely

<https://www.getcybersafe.gc.ca/en/blogs/how-older-adults-can-use-social-media-safely>

This blog post gives tips on how to navigate social media safely.

GOVERNEMENT DU QUÉBEC

Coping with a loss of independence

<https://www.quebec.ca/en/family-and-support-for-individuals/loss-of-independence/loss-of-independence>

This guide provides comprehensive information on government programs and services for individuals experiencing a loss of autonomy and their caregivers. Topics covered include health and social services, housing, home care services, tax credits, justice, work and employment, and transportation. Note also that the forms necessary to obtain the aforementioned services and programs are available on this site.

Info-Santé 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

Service Organization

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

HEALTH BOOKLET

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It gives you access to the results of your medical imaging examinations, the history of your pharmacy medications and the results of your samples, including blood and urine tests. It allows you to schedule an appointment for family medicine online.

HEALTHCARE EXCELLENCE CANADA

Engaging Patients in Patient Safety – a Canadian Guide

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

Patient, Family and Caregiver Engagement and Partnerships

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

Shift to Safety

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

**HEALTH CHARITIES COALITION OF CANADA –
“HOW TO” HEALTH GUIDE**

www.healthcharities.ca/resources/how-to-health-guide.aspx

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

**HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR
HEALTH CARE**

https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA – SAFEMEDICATIONUSE.CA

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

MCGILL UNIVERSITY HEALTH CENTER

Patient Safety and Physical Restraints: What You Need to Know

http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf

This booklet aims to help you understand physical restraints.

MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

ORDRE DES PHARMACIENS DU QUÉBEC – PROTECTION DU PUBLIC

<https://www.opq.org/protection-du-public/que-fait-lordre-pour-me-proteger/>

The “Protection du public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

RÉGIE DE L'ASSURANCE MALADIE – CITIZENS

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

SANTÉ ET SERVICES SOCIAUX QUÉBEC

Quick Reference: I'm taking care of my Health

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

SENIORS' GUIDE TO STAYING CYBER SAFE DURING COVID-19

<https://www.getcybersafe.gc.ca/en/resources/seniors-guide-staying-cyber-safe-during-covid-19>

This guide helps seniors protect their identity by helping them create strong passwords, enable multi-factor authentication, and warn them about phishing attempts.

HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

CANADIAN DEPRESCRIBING NETWORK

www.deprescribingnetwork.ca

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

Legal information

COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSIBILITIES

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

ÉDUCALOI

Caregivers: Practical Legal Tools

www.educaloi.qc.ca/en/caregivers-practical-legal-tools

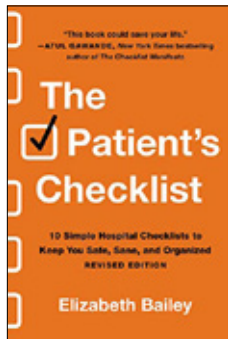
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

Health Topics

www.educaloi.qc.ca/en/categories/health

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

READING SUGGESTIONS



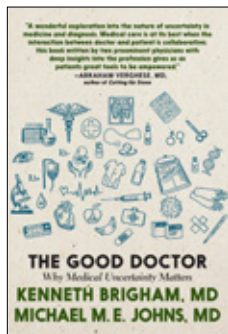
THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

Elizabeth Bailey. New York: Hachette, 2020, 161 p.

Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care – and even life or death. In today's hospital system, you can face a series of obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities. This series of essential, easy-to-use checklists will help you better manage, monitor, and participate in your own healthcare. These include: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate.



Also available on prenumerique.ca



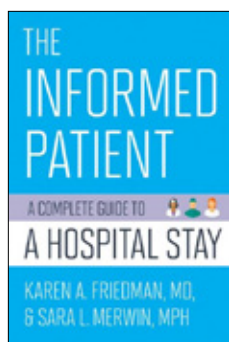
THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

Kenneth Brigham and Michael M.E. Johns. New York : Seven Stories Press, 2020, 238 p.

What makes a good doctor? It's not what people think. A doctor willing to face their own uncertainty in the face of illness and treatment might just be the best medicine. In *The Good Doctor*, Ken Brigham, MD, and Michael M.E. Johns, MD, argue that we need to change the way we think about health care if we want to be the healthiest we can be. Counterintuitive as it may seem, uncertainty is integral to medicine, and you want a doctor who knows that: someone who sees you as the unique case you are, someone who knows that data isn't everything, someone who is able to change her mind as the information changes.



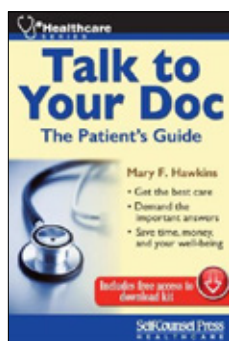
Also available on prenumerique.ca



THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

Karen A. Friedman and Sara L. Merwin. Ithaca: ILR Press, 2017, 228 p.

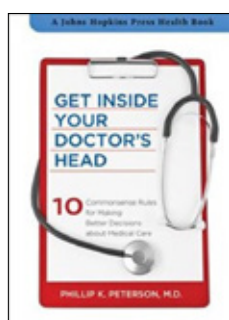
Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



TALK TO YOUR DOC: THE PATIENT'S GUIDE

Mary Hawkins. North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

Phillip K. Peterson. Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.



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