2006 - 2007 Cooperative Extension System Resources, Contacts, and Collaborations

AGING ISSUES

STATE	INSTITUTION/ AGENCY	PROGRAM INFORMATION	CONTACT
ARIZONA	**University of Arizona Cooperative Extension**	**The Grandparents Raising Grandchildren Southern Arizona Coalition (GRGSoAZ)** A group of grandparents and other relative caregivers raising children- coalition provides referrals to Arizona kinship care families, including information on legal options, parenting skills, community food banks, support groups, school resources and wellness centers. This website provides information on community events and resources for grandparents raising grandchildren in the Arizona area. http://www.ag.arizona.ed/grandparents/	**Cooperative Extension** **University of Arizona** Forbes 301 P.O. Box 210036 Tucson, AZ 85721 Phone: (520) 621-7205 Fax: (520) 621-1314
ARKANSAS	**University of Arkansas Cooperative Extension**	**Well-Being In Later Life** Suggestions on ways of communicating love and acceptance of older parents. http://www.arfamilies.org/family_life/human_development/well being_later_life.htm	**H. Wallace Goddard, C.F.L.E.** *Extension Family Life Specialist* University of Arkansas Cooperative Extension 2301 S. University Box 391 Little Rock, AR 72203 Phone: 501 671-2104 Fax: 501 671-2294

			Email: wgoddard@uaex.edu
CALIFORNIA	**University of California Cooperative Extension**	**Grandchildren Raised by Grandparents- A Troubling Trend** A study that describes the demographic distribution of grandchildren living in grandparent households in California and how it standardizes prevalence rates by county and sets priorities for health and human service needs for grandparents and the grandchildren under their care. http://californiaagriculture.ucop.edu/0102MA/pdfs/grands.pdf	**Mary L. Blackburn** *Family and Consumer Sciences Health and Nutrition Advisor* 1131 Harbor Bay Parkway, Suite 131 Alameda, CA 94502 Phone: (510) 639-1274 Fax: (510) 567-6813 Email: mlblackburn@ucdavis.edu
CALIFORNIA	**University of California Cooperative Extension**	**Numbers Rising: More Grandparents Raising Grandkids** In recent years, many grandparents, treasured for the unconditional love they bestow, have taken on the added responsibilities of providing food, shelter and discipline for their grandchildren. Often with multiple health problems of their own, grandparents may suffer severe emotional and economic stress when confronted by the costs and tasks of raising children who themselves may have emotional, learning or physical disabilities. These problems create an urgent challenge for health and human services planners like UCCE to develop education, training and support programs to serve children at risk and their caregivers. http://ucanr.org/delivers/impactview.cfm?impactnum=210&mainunitnum=0	
CALIFORNIA	**University of California Cooperative Extension**	**Workgroup Addresses Aging Issues** http://ucanr.org/delivers/impactview.cfm?impactnum=461&mainunitnum=0	
CALIFORNIA	**University of California Cooperative Extension**	**Senior Initiative** To conduct educational programs on nutrition, food safety, fitness and consumer economics including consumer fraud and gardening for seniors including those residing in public housing.	
COLORADO	**Colorado State University**	**Healthy Aging Golden Oldies** Latest information that is related to seniors such as: *Consumer Fraud, Health, Safety and Wellness, Living Independently, Lifestyle, Relationships* and the *Golden Oldies*. The information on this website is written by various Family & Consumer Science agents as well as some graduate students.	**Luann Boyer** *Family and Consumer Education Extension Agent* Morgan County Extension Center 914 East Railroad Avenue

		http://www.ext.colostate.edu/pubs/columnha/hagold.html	P.O. Box 517 Fort Morgan, CO 80701 Phone: (970) 542-3544 Fax: (970) 542-3541 Email: luann.boyer@colostate.edu
COLORADO	**Colorado State University**	**Housing Modification and Adaptation** A learning kit with teaching materials and examples of simple home modification and assistive devices that allow elderly to remain independent in their homes.	
COLORADO	**Colorado State University**	**A Delicate Balance** A video and learning packet addressing caregiving issues and helping families with decision-making processes about care choices for the elderly.	
COLORADO	**Colorado State University**	**Walking In Old Moccasins** A sensory workshop that lets participants experience changes of aging and address what can be done to maintain quality of life.	
CONNECTICUT	**University of Connecticut**	**Senior Nutrition Awareness Project** This project provides the elderly with accurate nutrition information through various free services. These include group nutrition education workshops, healthy cooking classes, the distribution of nutrition pamphlets, and nutrition education through four different cable television productions airing in the Groton/New London area. http://www.canr.uconn.edu/nusci/outrch/snap/snap.html	**Doris Little** *Program Advisor* North Haven Cooperative Extension Center 305 Skiff Street North Haven, CN 06473 Phone: (203) 407 3172 Fax: (203) 407-3176 Email: DORIS.LITTLE@uconn.edu
DISTRICT OF COLUMBIA	**University of District of Columbia**	**Food Safety Support for the Elderly** Program designed to expand the capacity of providing food safety education to elderly residents in the District of Columbia. The program provides Food Sanitation Certification Training (Train-the-Trainer) for Dietitians working in meals programs for the elderly. The trained dietitians provide food safety education for the food handlers and elderly program participants at the congregate meal sites in the District of Columbia.	**Lilly Monroe-Lord** *Head of the Center for Nutrition, Diet and Health* University of the District of Columbia 4200 Connecticut Ave., N.W. Washington, D.C. 20008 Phone: (202) 274-7125 Fax: (202) 274-7130
DISTRICT OF COLUMBIA	**United States Department of Agriculture (USDA), Cooperative**	**Financial Security In Later Life** Preparing for retirement and potential long-term care costs takes planning, saving, and debt control. This Cooperative Extension initiative seeks to help people improve personal finance behaviors leading to financial security in later life, enhance the capacity of local educators and their partners to	**Cooperative State Research, Education, and Extension Service** Waterfront Centre 800 9th St. SW Washington, DC 20024

	State Research, Education, and Extension Service (CSREES)	deliver effective programs, and increase economic vitality, and quality of life for families and communities. http://www.csrees.usda.gov/nea/economics/fsll/fsll.html	Phone: (202) 720-7441 www.csrees.usda.gov
DISTRICT OF COLUMBIA	**United States Department of Agriculture (USDA), Cooperative State Research, Education, and Extension Service (CSREES)**	**Highlights from the States** Adult development and aging programs provide an understanding of older adults, the aging process, and meeting the needs of our aging population. CSREES supports efforts to promote healthy aging and intergenerational approaches to reconnecting the young and old. http://www.csrees.usda.gov/nea/family/in_focus/family_if_aging.html	
DISTRICT OF COLUMBIA	**United States Department of Agriculture (USDA), Cooperative State Research, Education, and Extension Service (CSREES)**	**Highlights from the States** Family caregivers include those who assist older adults and family members with disabilities, as well as grandparents raising their grandchildren. CSREES supports efforts to enhance caregiving and family life. http://www.csrees.usda.gov/nea/family/in_focus/family_if_caregiving.html	
FLORIDA	**University of Florida**	**Successful Parenting/Family Development in Florida** Addresses critical concerns of Florida families in the areas of child development, parenting, marital and family communication across the lifecycle, child care and elder care.	**Dr. Carolyn Wilkin** *Extension Specialist, Gerontology* University of Florida P.O. Box 110310 Gainesville, FL 32611 Phone: (352) 392-2202 Ext - 303
FLORIDA	**University of Florida**	**Elders** Variety of publications on topics relating to the elderly. http://edis.ifas.ufl.edu/TOPIC_Elders	

FLORIDA	**University of Florida**	**Guidelines for Caregivers** Focuses on how you as a caregiver can reduce and manage stress and cope with the burden. This publication provides guidelines for managing stress, maintaining health, and getting the help needed to better enjoy all parts of your life. http://edis.ifas.ufl.edu/HE018	Fax: (352) 392-8196 CSWilken@mail.ifas.ufl.edu
FLORIDA	**University of Florida**	**What is Caregiving?** A detailed publication regarding who is a caregiver, and if you are one, how to be a responsible one. http://edis.ifas.ufl.edu/HE017	
FLORIDA	**University of Florida**	**Striking Back** This program contains six units (budgeting, recordkeeping, credit, insurance, estate planning and retirement and investment). Each unit contains basic or background information, news articles, activities, PowerPoint presentation(s), and handouts. The target audience is older women but is not limited to this audience.	
GEORGIA	**University of Georgia Cooperative Extension**	**Grandparents Raising Grandchildren Publication Series** Series of 14 publications that address a variety of parenting issues facing grandparents raising grandchildren. The series covers topics such as: helping grandchildren make the transition to your home, dealing with abuse and neglect, helping grandchildren stay in contact with their parents, helping grandchildren deal with the death of a parent, and finding legal and community assistance. The series also includes issues on infants and toddlers and on the teenage years. http://www.fcs.uga.edu/ext/pubs/fam/grandparents.php	**Diane Bales** *Child & Family Development* Specialist University of Georgia 222 Hoke Smith Annex Athens, GA 30602 Phone: (706) 542-7566 Email: dbales@arches.uga.edu
GEORGIA	**University of Georgia Cooperative Extension**	**Tips For Parents Brochures** Collection of publications with tips for parents as well as grandparents on a variety of topics that can be useful when caring for children. http://www.fcs.uga.edu/ext/pubs/fam/parent_tips.php	
GEORGIA	**University of Georgia Cooperative Extension**	**Senior Sense** Publication series that targets seniors and their caregivers. Each publication contains an article on relationships, health and resources as well as a nutritious recipe. This publication is prepared and released quarterly. http://www.fcs.uga.edu/ext/pubs/newsletters.php	

HAWAII	**University of Hawaii**	**Na Tutu** This coalition is made up of grandparents and other relative caregivers and several state and community agencies including Cooperative Extension serving kinship care families. It has been instrumental in bringing a medical and educational consent law before Hawaii's state legislature and in bringing attention to other kinship care-related policy and service initiatives.	**Jacqueline T. Chong** Phone: (808) 239-8908 Email: Chongj001@hawaii.rr.com
IDAHO	**Idaho Commission on Aging**	**The Idaho KinCare Coalition** A group of individuals and organizations, public and private, with connections statewide to promote legislative and social change through advocacy and education and to promote the social supports needed by grandparents and other relatives raising the children in their care. Their mission is to provide the social supports needed by grandparents and other relatives raising the children in their care. This website provides information on the members of the Idaho KinCare Coalition, a list of challenges that caregivers are responsible for and a KinCare Tip Sheet. http://www.idahoaging.com/programs/ps_GAPkincare.htm	**Tina Rice** *Senior Services Program Specialist* Idaho Commission on Aging P.O. Box 83720 Boise, ID 83720 Phone: (208) 334-3833 ext: 235 Fax: (208) 334-3033 Email: trice@icoa.state.id.us
IDAHO	**University of Idaho Boise**	**Grandparent's Raising Our Children's Children** Clearly and authoritatively written by Doris Williams of the UI School of Family and Consumer Sciences, this attractive 72-page, 5 1/2 x 8 1/2 inch, informative book will be useful to second-time parents as well as helpful to social welfare and other professionals in educational or training programs. 2000 BUL 823 Order# 1188 Price: $5.00 http://info.ag.uidaho.edu/catalog/catalog.html	**Harriet Shaklee** *Extension Family Development Specialist* University of Idaho Boise 322 E Front Street, Suite 180 Boise, ID 83702 Phone: (208) 364-4016 Fax: (208) 364-4035 Email: hshaklee@uidaho.edu
IDAHO	**University of Idaho Boise**	**Last Wishes** Discusses subjects such as: sustaining life, improved care, and making one's wishes known. http://ohioline.osu.edu/flm01/FS26.html	
IDAHO	**University of Idaho Extension**	**Senior Extension Nutrition Program** Six to ten home visit lessons are designed around the risk factors identified through the DETERMINE Your Nutritional Risk assessment. Educational lessons include: • the importance of a healthy diet for long-term health • planning meals using the Food Guide Pyramid	**Shelley Johnson** *FCS Extension Educator, District 1 ENP Administrator* University of Idaho Extension Harbor Center 1000 W. Hubbard Street,

		• how to prepare quick, low-cost and nutritious meals • the health benefit of eating fruits, vegetables and whole-grain foods • medications/health conditions that affect appetite • implications of sudden weight gain or loss • how to make eating alone a pleasant experience • cooking foods properly & the importance of washing • managing money to make it last throughout the month	Suite 140 Coeur d'Alene, ID 83814 Phone: (208) 446-1680 Fax: (208) 446-1690 Email: sjohnson@uidaho.edu
IDAHO	**University of Idaho Extension**	**Grandparents Raising Grandchildren Resource and Information Series** Provides tip sheets written for grandparents (and other kin) who are raising grandchildren. Some are specific to Idaho programs and others are useful general information. Topics include: • **Child Sexual Abuse** • **Healthy Eating For Your Child** • **Youth At Risk For Suicide** • **Depression** Emailed free by request from dianac@uidaho.edu	**Diana Christenson** FCS Extension Educator, District III University of Idaho Extension 203 Lucy Lane Gooding, Idaho 83330 Phone: (208) 934-4417 Fax: (208) 934-4418 Email: dianac@uidaho.edu
IDAHO	**University of Idaho Extension**	**Grandparents Raising Grandchildren PowerPoint** Grandparents being parents need parenting information, but have additional needs. Agencies, service workers, educators, and those developing Extension programs serving families and youth need to understand these additional needs of grandparent parents. This PowerPoint outlines these needs, from crisis beginning through emotional, parenting, and physical challenges, and ending with suggestions for service workers, compiled from grandparent input. Emailed free by request from dianac@uidaho.edu	
ILLINOIS	**University of Illinois Extension**	**Elder Abuse and Neglect** Written by Molly Hofer, University of Illinois Extension Educator in Family Life, the article discusses the symptoms and effects of elder abuse, neglect, and where the elderly can go for help in Illinois. http://www.urbanext.uiuc.edu/elderabuse/index.html	**Molly Hofer** *Family Life Educator* Matteson Extension Center 5527 Miller Circle Drive Suite C Matteson, IL 60443 Phone: (708) 720-7520 Fax: (708) 720-7529
ILLINOIS	**University of Illinois Extension**	**Walk In My Shoes** (A 4-H Aging Awareness Project) An activity project that reaches across generations and teaches young people about growing older and the normal physical changes that occur with age. It also teaches those who come in contact with older citizens how to effectively communicate with them and serve their needs. The project	

		materials are available online. *Project Materials:* http://www.urbanext.uiuc.edu/wims/wimsproject.html http://www.urban.ext.uiuc.edu/programs/wims.html	
ILLINOIS	**University of Illinois Extension**	**Parenting Again** Newsletter focuses on grandparents raising their grandchildren. On this website are all the articles from the newsletter series.	**Cammy Seguin** Champaign Extension Center 801 N. Country Fair Drive Suite E Champaign, IL 61821 Phone: (217) 333-4901 Fax: (217) 333-4943
ILLINOIS	**University of Illinois**	**Diabetes Life Lines** In this issue of Diabetes Life Lines: Diabetes-The Medical Perspective Diabetes and Food Exercise as a Part of Living Recipes to Try Medication Update New Resources http://www.urbanext.uiuc.edu/diabetes/index.html	**Karen Chapman-Novakofski** *Associate Professor, Nutrition* University of Illinois Urbana Campaign 343 Bevier Hall 905 S. Goodwin Ave. Urbana, IL 61801 Phone: (217) 244-2852 Fax: (217) 244-1873 Email: KMC@uiuc.edu
INDIANA	**Purdue University Extension**	**Relatives as Parents: Answers to Basic Concerns** Grandparents and other relatives raising kin are faced with a number of challenges as they try to obtain needed supports for themselves and the children in their care. *Relatives As Parents: Answers to Basic Concerns* can help to answer some of their questions and meet some of those challenges. *RAP: ABCs* is a set of 8 fact sheets for relatives who are raising kin in Indiana. The topics included are: Legal Issues; Financial Assistance; Medical Consent; Medical Services; Mental Health; Education; the National Family Caregiver Support Program; and Tips for Working with Agencies. http://www.ces.purdue.edu/cfs/topics/HD/resources.htm#RAP FactSheets	**Dreama (Dee) Love** *Extension Specialist for Human Development* Purdue University Extension Dept. of Child Development and Family Studies 1200 West State Street West Lafayette, IN 47907 Phone: (765) 494-2933 Fax: (765) 494-0503 Email: loved@purdue.edu
INDIANA	**Purdue University Extension**	**Adult Children/Aging Parents: Conversations Between Generations** This is a curriculum dealing with family decisions and relationships in later life. A unique aspect is its focus on bringing generations together in an educational setting to consider later-life issues. The curriculum encourages families	

		to talk about and plan for changing needs in later life, and strengthens family relationship between generations.	
INDIANA	**Purdue University Extension**	**Coping with Caregiving: How to Manage Stress When Caring for Elderly Relatives** As a caregiver you may be providing care Out of love or out of a sense of obligation. More often than not, you feel both love and obligation. You may be providing the support alone or coordinating the work of others. You may find caregiving tasks satisfying and rewarding, or completely frustrating. This publication will help you understand your responses and will show you ways to reduce the conflict and stress caused by the demands of caregiving. http://www.ces.purdue.edu/extmedia/CFS/CFS-455.html	
INDIANA	**Purdue University Extension**	**Nutrition and Aging** Publication for the elderly on the importance of the process of aging and how aging affects nutritional needs. http://www.ces.purdue.edu/extmedia/CFS/CFS-605-W.pdf	
INDIANA	**Purdue University Extension**	**Grandparents Raising Grandchildren: Legal and Policy Challenges** Video-based program designed for presentation to grandparents who are raising grandchildren, other relatives who are raising kin, the professionals who work with them as well as any interested community members who wish to become involved. http://www.ces.purdue.edu/cfs/programs/grandparents/index.htm	
INDIANA	**Purdue University Extension**	**Grandparents Raising Grandchildren Educational Program** Video program that is designed to examine the issues and concerns facing grandparents raising grandchildren, to give examples of successful local programs and offers ways to identify local needs to build community programs and information about national organizations and resources. ***Available for purchase** http://www.uwex.edu/ces/flp/grandparent/aarp.pdf	
INDIANA	**Purdue University Extension**	**Relatives as Parents State Initiative Program** This program initiated several kinship care support groups across the state. It also formed the RAPP Steering Committee with representatives from more than 39 state and local service providers and agencies that serve kinship care	**Ginny Morris** *Program Coordinator* Division of Aging Indiana Family and Social Services

		families to assess the needs of kinship care families.	402 West Washington Street Room W461, Mail Stop 25 Indianapolis, IN 46207-7083 Phone: (317) 232-1731 Email: ginny.morris@fssa.in.gov
IOWA	**Iowa State University Extension**	**Iowa Publications on the Elderly** Variety of publications that focus on many topics such as: Questions and Answers about Fat in your Diet, Consumer Choices: Selecting Clothes for Older People in your Care, The Caring Connection News Letter and many others. These publications can also be used by those who take care of the elderly as well. https://www.extension.iastate.edu/store/ListItems.aspx?CategoryID=76	**Colleen Jolly** *Extension Specialist for Human Development and Family Studies* Iowa State University Extension 1086C LeBaron Hall Ames, IA 50011 Phone: (515) 294-4824 Email: cjolly@iastate.edu
IOWA	**Iowa State University Extension**	**Adult Children and Aging Parents: Conversations Between Generations** Information on a curriculum that is designed to encourage families to talk about and plan for changing needs in later life, increase ability to solve problems and strengthen family relationships between generations. http://www.extension.iastate.edu/homefamily/aging/caregiving/acap_curriculum.htm	
IOWA	**Iowa State University Extension**	**Other Resources** A link to Iowa State University Extension programs, Iowa and national resources on decisions and relationships in later life. http://www.extension.iastate.edu/homefamily/aging/	
KANSAS	**Kansas State University Cooperative Extension Service**	**Human Nutrition Extension Audio Files** RealAudio version of an interview with Mary Higgins, a Kentucky State Research and Extension nutritionists, that offers advice on improving the quality of life for older adults through better nutrition. http://www.oznet.ksu.edu/radio/Nutrition/SL-0624.ram	**Mary Higgins** *Human Nutrition Extension Specialist* Kansas State University Dept. Human Nutrition 202 Justin Hall Manhattan, KS 66506 Phone: (785) 532-1671 Email: mhiggins@humec.ksu.edu
KANSAS	**Kansas State University**	**Fluids are Especially Important for Elders** Focuses on the importance of fluids in older people and the decline in the ability to sense thirst with age.	**Dr. Kerri Parsons** *Extension Specialist* *Aging and Healthcare*

	Cooperative Extension Service	http://www.oznet.ksu.edu/humannutrition/elderlywater.pdf	Kansas State University 343 Justin Hall Manhattan, KS 66506 Phone: (785) 532-1939 Fax: (785) 532-6969 Email: kparsons@oznet.ksu.edu
KANSAS	**Kansas State University Cooperative Extension Service**	**Grandparents Forever: For Grandparents Experiencing the Divorce of an Adult Child** Fact sheet regarding the situation after a grandparent's child gets divorced. These suggestions might help grandparents adjust to the changes in the lives of their adult child and grandchildren. http://www.oznet.ksu.edu/library/famlf2/mf2417.pdf	
KANSAS	**Kansas State University Cooperative Extension Service**	**WonderWise Parent Online Courses: Grandletters** Encourages grandchildren and grandparents to share their thoughts, feelings and experiences. From it, they will hopefully draw closer together, learn from each other and build a reservoir of happy memories. http://www.ksu.edu/wwparent/courses/gl/index.htm	
KANSAS	**Kansas State University Cooperative Extension Service**	**Mental Health and Aging Part 1** A satellite program concerning mental health issues affecting Medicaid eligible elders. ***Available to order on VHS** http://www.oznet.ksu.edu/library/famlf2/video/SV423.asp	
KANSAS	**Kansas State University Cooperative Extension Service**	**Tenderhearts: A Helping Hand for Caregivers of the Elderly** Program that educates the family caregiver on the process of caregiving, quality disease management, and the resources that are available at the community-based, state, or national level. This program also provides an organizational journal to assist the caregiver in tracking the various components of caregiving (e.g., legal, financial, medical, nutritional, etc.)	
KANSAS	**Kansas State University Cooperative Extension Service**	**Replenishing the Working Caregiver** Program that educates the family caregiver on the process of caregiving for people over the age of 60, and the importance of partaking in a support group to prevent or decrease potential caregiver burnout. Upon completion of the 3 month support group, caregivers leave with a care buddy. (e.g. one-on-one telephone support or chat room support via the website)	

KANSAS	**Kansas State University Cooperative Extension Service**	**Communicating Effectively with Health Care Professionals** Educates the family caregiver on how to communicate with health care professionals and promote a team approach in the care of their loved one.	
KENTUCKY	**University of Kentucky Cooperative Extension Service**	**Aging Gracefully: Making the Most of Your Later Life Adventure** A complete educational program on positive aging. The program features a research-based publication and provides a range of creative teaching tools and resources. http://www.ca.uky.edu/fcs/aging	**Dr. Carole Gnatuk** *Extension Specialist, Human Development* University of Kentucky, 149 Washington Avenue Room 112 Lexington, KY 40506-0060. Phone: (859) 257-5083 Fax: (859) 257-3212. Email: cgnatuk@uky.edu
KENTUCKY	**University of Kentucky Cooperative Extension Service**	**Too Old to Drive?** Five fact sheets present an understanding of age-related sensory changes that can affect an elderly person's driving ability. http://www.ca.uky.edu/fcs/aging/additional_publications.htm	
KENTUCKY	**University of Kentucky Cooperative Extension Service**	**Grandparents Raising Grandchildren (and other aspects of living an abundant life)** This is the Human Development and Family Relations section of their 2006 FCS Extension Resource Guide. http://www.ca.uky.edu/fcs/RESOURCE/Resource_Guide_2006/human.pdf • **Calming the Storm: Social-emotional Well-being** • **Family Vitality: Characteristics of Strong Families** • **Family Vitality: Time Together** • **Keys to Great Parenting: Fun and Learning with Your Baby or Toddler** • **Out of the Blue: Understanding and Responding to Depression** • **Parent Express Newsletter** (series of 27 issues for parents of babies and toddlers to age 3) • **Piecing It Together: Essential Skills for Single Parent Families** • **QuickSkills** (series of seven short fact sheets on adult well-being and child-rearing) • **Traveling Light: Family Language Fun to Go** (being released right now—URL is not included in	

		Resource Guide yet) http://www.ca.uky.edu/pubs/fcs7/fcs7179/fcs7179.pdf • **UK Extension's Universe of Possibilities: Skills for Creating Happiness and Blessing Others** http://www.ca.uky.edu/fcs/possibilities	
KENTUCKY	**University of Kentucky Cooperative Extension Service**	**Silver Threads for the Golden Years** Addresses the number of changes that take place as the body ages that may affect some physical, emotional, social and psychological aspects of a person's life. Clothing can then be used as a tool to help individuals deal with some of the changes brought on by the aging process. http://www.ca.uky.edu/pubs/fcs2/fcs2811l/fcs2811l.pdf • **Silver Threads for the Golden Years: Wardrobe Tips for Women** http://www.ca.uky.edu/fcs/FACTSHTS/CT-HMH.106.pdf • **Silver Threads for the Golden Years: Wardrobe Tips for Men** http://www.ca.uky.edu/fcs/FACTSHTS/CT-HMH.107.pdf	**Dr. Ann Vail** *Assistant Director for Family and Consumer Sciences Extension and Director, School of Human Environmental Sciences* Cooperative Extension Service 206 Scovell Hall Lexington, KY 40546 Phone: (859) 257-3887 Fax: (859) 257-9032 Email: avail2@email.uky.edu
MAINE	**University of Maine**	**Senior Companion Program** Assists adults with special needs through in-home visits to live independently as possible and provides meaningful volunteer opportunities to individuals 60 years of age or older, particularly those on limited outcome. http://www.umext.maine.edu/topics/aging.htm	**Carla Ganiel** *Senior Companion Program Director* University of Maine Cooperative Extension 304 Corbett Hall Orono, ME 04469 Phone: (207) 581-3326 Email: cganiel@umext.maine.edu
MAINE	**University of Maine**	**Nutrition Education Program** Nutrition education staff provides programming to individuals, families, and communities to help them make informed choices about food, to promote healthy lifestyles, and to support economic and social well being. Workshops, programs, and community interventions are available to Maine-based groups on a variety of topics. Educational materials, catalog listings of federally supported materials (including information on school-age nutrition, dietary recommendations, and food labeling) as well as an extensive audio/visual library are also available.	**Nellie Hedstrom** *Nutrition Specialist* University of Maine Cooperative Extension 300 Corbett Hall Orono, ME 04469 Phone: (207) 581-3110 Email: nellieh@umext.maine.edu

		http://www.umext.maine.edu/topics/nutritio.htm	
MAINE	**University of Maine**	**Caregiver Fact Sheets** This series of 10 fact sheets provides information for elders and people who care for them. http://extensionpubs.umext.maine.edu/ePOS/this_category=41&store=413&form=shared3/gm/browse.html&design=413	**Judith Graham** *Human Development Specialist* University of Main Cooperative Extension 314 Corbett Hall Orono, ME 04469 Phone: (207) 581-3104 Email: jgraham@umext.maine.edu
MARYLAND	**University of Maryland**	**Sages of the Ages: Stories that Touch and Teach** A collection of stories that are lessons on life that can be shared with others - youth filled with energy and a seemingly unending future - adults filled with experience and a future coming to an end. Themes for the stories are based on resiliency research which tells us that individuals and families can develop protective and recovery factors that get them through the challenges of life. The goal is to build resilience capacity through intergenerational storytelling, foster the development of important life skills, encourage community involvement and help teens make a difference in the lives of other people and promote interaction between teens and older adults. http://www.hhp.umd.edu/FMST/Sages	**Bonnie Braun** *State Family Life Specialist* University of Maryland Department of Family Studies, College of Health & Human Performance 1204A Marie Mount Hall, Office 1210H College Park, MD 20742 Phone: (301) 405-3581 Fax: (301) 314-9161
MICHIGAN	**Michigan State University**	**Nutrition for the Young at Heart** A toolkit for health professionals and paraprofessionals to use when teaching older adults. Objectives are to increase the awareness of the importance of nutrition in maintaining a healthy life, provide older adults with information and tools to improve health and nutrition status, increase the variety and quality of foods consumed by older adults, and build participation by older adults in food, nutrition and health activities. The toolkit includes tips for successful programs with older adults, background information on nutrition and other factors affecting the nutrition status of older adults, resources for older adults, public relations materials, and twelve lesson plans. Lesson plans include both facilitated group discussion and interactive activities and are based on topics that are relevant to older adults.	**Kathy J. Majewski** *Associate Program Leader* Michigan State University Extension 138 Trout Food Science Bldg. East Lansing, MI 48824 Phone: (517) 432-5278 Fax: (517) 353-6343 Email: majewski@msue.msu.edu

MINNESOTA	**University of Minnesota**	**Critical Conversations About Financing Long-Term Care** A curriculum developed to increase the awareness of the need to plan for changing health and independence as a later life event impacting financial security, to help consumers identify and communicate strategies to manage the risk of long term care and to change behaviors and practices regarding long term risk management. http://fsos.che.umn.edu/stum/ltc/default.html	**Marlene Stum** *Associate Professor, Family Economics and Gerontology* University of Minnesota 284 McNeal Hall 1985 Buford Avenue St. Paul, MN 55108 Phone: (612) 625-4270 Fax: (612) 625-4227 Email: mstum@che.umn.edu
MINNESOTA	**University of Minnesota**	**Financing Long-Term Care: A Resource Center For Families** Helps to improve what people know about long term care as a family financial issue, helps them to take action before crisis, and helps families who are planning ahead to make more informed decisions. http://www.financinglongtermcare.umn.edu/	
MINNESOTA	**University of Minnesota**	**Grandma's Yellow Pie Plate** Provides people with practical information about the inheritance of personal property. The goal is to improve family decision making through education and research. This program was developed by Minnesota Cooperative Extension, but is used nationwide. http://www.yellowpieplate.umn.edu/indexB.html	
MISSISSIPPI	**Mississippi State University**	**Clothing for Special Needs: Clothing for the Elderly** A publication that focuses on the importance of making good clothing choices. Attractive clothing that fits well is important for senior consumers as well as choosing clothes that improve functional independence, offer ease in dressing and undressing, provides physical and thermal comfort, remains adaptable for individual needs and contributes to ease in performing routine duties. http://msucares.com/pubs/infosheets/is1558.htm	**Bobbie Shaffett** *Associate Extension Director* Mississippi State University Box 9745 Mississippi State, MS 39762 Phone: (662) 325-3080 Fax: (662) 325-8188 Email: bobbies@ext.msstate.edu
MISSISSIPPI	**Mississippi State University**	**Consumer Fraud and Older Mississippians** Focuses on ways that older consumers become victims of fraud and ways to avoid fraud. http://msucares.com/pubs/publications/p1813.htm	
MISSISSIPPI	**Mississippi State University**	**Piecing Together Retirement Peace of Mind** A publication on Individual Retirement Accounts , summarizing the recent changes that have been made as well as pointing out ways that the elderly can make IRAs work for them. http://msucares.com/pubs/publications/p1418.pdf	

MISSISSIPPI	**Mississippi State University**	**Food Guide for Older Folks** A daily food guide that can help the elderly make good choices when eating at home or eating out. http://msucares.com/pubs/infosheets/is1424.htm	
MISSISSIPPI	**Mississippi State University**	**Grandletters** A correspondence program for grandparents and their grandchildren. It strengthens the relationship between grandparents and grandchildren who are separated by distance. In the program, 10 pairs of letters are exchanged between grandparent and grandchild, each focusing on a special issue or topic. http://msucares.com/pubs/publications/p1589.html	
MISSOURI	**University of Missouri Extension**	**Building Bridges** A community-based intergenerational program helps bring young and old together for meaningful interactions and experiences through a variety of projects such as arts, living history, computer technology, aging awareness, storytelling, reading, writing, cultural exchange, etc. Education, friendship, and caring are the focuses.	**Share DeCroix Bane, Ph.D., MSW** *State Gerontology Specialist* University of Missouri- Kansas City 5100 Rockhill Rd. Kansas City, Mo. 64110-5193 Phone: (816) 235-2184 Email: banes@umkc.edu **Nina Chen, Ph.D., CFLE** *Human Development Specialist* University of Missouri Extension 1501 NW Jefferson Street Suite 110 Blue Springs, MO 64015 Phone: (816) 252-5051 E-mail: chenn@missouri.edu
MISSOURI	**University of Missouri Extension**	**Gateway Grandparent/Kinship Network** http://www.extension.missouri.edu/ecregion/grandparent/ Contact Share DeCroix Bane for more information.	
		The Meaning of Aging Help participants explore meaning in later life from different aspects and have better understanding about persons of different cultures with the experiences of aging in the social and historical contexts.	
		The Positive Power of Humor	

MISSOURI	**University of Missouri Extension**	This program is to help older adults understand the role of humor in the aging process and explore the beneficial effects of humor on physical and mental health and positive ways of using humor.	
MISSOURI	**University of Missouri Extension**	**Successful Aging** Focuses on the psychological and social issues of aging well, as well as briefly covering exercise and nutrition for the elderly. http://iml.umkc.edu/casww/sa/welcome.htm	**Share Bane, Ph.D.** *State Gerontology Specialist* University of Missouri Extension UMKC-Center on Aging Studies 5215 Rockhill Kansas City, MO 64110 Phone. (816) 235-2184 Email: BaneM@umkc.edu
MISSOURI	**University of Missouri Extension**	**Aging Quick Answers** Answers frequent questions that the elderly may have or their care providers. Some of the aging topics include: *Memory Loss, Elder Care, Health, Poverty Grandparents Raising Children, Illness, Abuse, Nursing Homes, Life Expectancy, Aging Well, Osteoporosis, Dehydration* and *Hyperthermia*. http://missourifamilies.org/quick/agingga/agingstart.htm	**Candance Gabel** *Family Nutrition Education Program Coordinator, Associate State Nutrition Specialist* University of Missouri-Columbia 308 Gwynn Hall Columbia, MO 65211 Phone: (573) 882-9760 Fax: (573) 884-5449 Email: gabelc@missouri.edu
MISSOURI	**University of Missouri Extension**	**Nothing Taste Good Anymore** Focuses on the how the sense of smell and taste start to diminish or dull around the age of sixty. http://missourifamilies.org/features/agingarticles/agingfeature7.htm	
MISSOURI	**University of Missouri Extension**	**Nutrition and Fitness: What does it have to do with Aging?** Focuses on the disease Sacopenia and what it has to do with aging. http://missourifamilies.org/features/nutritionarticles/fit5.htm	
MISSOURI	**University of Missouri Extension**	**Does Getting Older Mean Alzheimer's Disease?** A news article to help family members recognize early warning signs of Alzheimer's. http://missourifamilies.org/features/agingarticles/agingfeature6.htm	
MISSOURI	**University of Missouri**	**Aging Well** A list of the specific nutritional recommendations for those 65 and older.	

	Extension	http://missourifamilies.org/features/agingarticles/agingfeature5.htm	
MISSOURI	**University of Missouri Extension**	**Dehydration in the Winter: Elderly at Risk** Focuses on why the elderly are most vulnerable to dehydration and some of the common symptoms to look for. http://missourifamilies.org/features/agingarticles/agingfeature4.htm	
MISSOURI	**University of Missouri Extension**	**The Center on Aging Studies without Walls** Created to help solve problems dealing with the elderly as well as learning more about Elder Mistreatment, Family Issues and Relationships, Mental Health and Aging, Personal Care and much more. http://iml.umkc.edu/casww/tablcont.htm	
MISSOURI	**University of Missouri Extension**	**Physical Activity and Older Adults** Focuses on the importance of physical activity for the elderly and the positive effect it has on the body as well at what to consider when thinking about becoming more physically active. http://www.missourifamilies.org/features/healtharticles/health5.htm	
MISSOURI	**Lincoln University**	**Paula J. Carter Center for Minority Health and Aging** This center serves disadvantaged African Americans, Hispanic/Latino Americans, Asian and Pacific Islander Americans and Native Americans across Missouri. The purpose of the Center is to improve the quality of life for the minority aging population by reducing disparities and inequities in access to healthcare, health literacy, and healthy behaviors. http://www.luce.lincolnu.edu/PJCCMHA.HTM#mission	**Deborah Jenkins** *Interim Coordinator* Lincoln University Cooperative Extension Paula J. Carter Center on Minority Health and Aging 215 Allen Hall - Box 29 Jefferson City, MO 65102 Phone: (573) 681-5530 Email: jenkinsg@lincolnu.edu
MONTANA	**Montana State University**	**Grandparents Raising Grandchildren** Montana State University Extension has teamed up with AARP and several other state agencies and organizations to offer support groups and information for grandparents who are faced with the challenges associated with raising their grandchildren. This statewide project offers parenting programs for grandparents who raise their grandchildren as well as providing a bimonthly newsletter. http://www.montana.edu/wwwhd/grg/index.htm	**Sandy Bailey** *Family & Human Development Specialist, Montana State Extension* Montana State University Dept. Health & Human Development 316 B Herrick Hall Bozman, MT 59717 Phone: (406) 994-6745

			Fax: (406) 995-2023 Email: baileys@montana.edu
MONTANA	**Montana State University**	**Talking with Aging Parents about Finances** This MontGuide provides strategies to help overcome barriers that often hinder conversations with aging family members about money. It also explores alternatives to consider if a parent is healthy, but needs assistance with finances and legal options if one or both parents are incapacitated. http://www.montana.edu/wwwpb/pubs/mt9324.html	**Marsha Goetting** *Family Economics Specialist* Montana State University P.O. Box 172800 Bozeman, MT 59717 Phone: (406) 994-5695 Fax: (406) 994-4838 Email: goetting@montana.edu
MONTANA	**Montana State University**	**Medicaid and Long-Term Care Costs** Ways Montanans can provide for long-term care costs, federal and state eligibility requirements for Medicaid, the application process, and much more. http://www.montana.edu/wwwpb/pubs/indexfamilyfinance.html	
NEBRASKA	**University of Nebraska**	**Being a "GRAND" Parent** A guide that explores grandparenting. It focuses on the benefits of being a grandparent, suggestions on how to be a grandparent, ways to have fun with your grandchildren, and precautions to take when grandchildren arrive for the first time. http://ianrpubs.unl.edu/family/heg210.htm	**John DeFrain** *Extension Faculty Member* University of Nebraska Cooperative Extension 254 Mable Lee Hall Lincoln, NE 68588-0236 Phone: (402) 472-1659 Email: jdefrain1@unl.edu
NEBRASKA	**University of Nebraska**	**Long-Term Care: Options, Cost and Preparations** Defines options and raises questions to be discussed with family members when considering long term care. http://ianrpubs.unl.edu/epublic/pages/publicationD.jsp?publicationId=284	**Julie Johnson** *Dept. Chair, Family and Consumer Sciences Department* University of Nebraska-Lincoln 135B Mabel Lee Hall Lincoln, NE 68588-0236 Phone: (402) 472-2957 Fax: (402) 472-9170 Email: jjohnson1@unl.edu
NEBRASKA	**Panhandle Research and Extension Center**	**Mental Health and Aging** Information about facts on mental health and aging, warning signs, and contact information for different mental health services. http://www.ianrpubs.unl.edu/sendIt/nf574.html	**Kathy Bosch** *Extension Specialist, Family Life Education,* *Assistant Professor , Family and Consumer Sciences* Panhandle Research and Extension Center 4502 Avenue I
		Common Stressors for Aging Adults	

NEBRASKA	**Panhandle Research and Extension Center**	Lists the major stressors such as loneliness and isolation, loss of purpose, loss of independence, changes in health, decreased physical ability, and demands of caregiving, that aging adults should be aware of. http://www.ianrpubs.unl.edu/sendIt/nf575.html	Scottsbluff, NE 69361-4939 Phone: (308) 632-1244 Fax: (308) 632-1365 Email: kbosch2@unl.edu
NEBRASKA	**Panhandle Research and Extension Center**	**Grief – A Human Experience** Explains why grief seems to happen more often when people are older, some of the common responses they may have as well as tips for dealing with grief. http://www.ianrpubs.unl.edu/sendIt/nf576.html	
NEBRASKA	**Panhandle Research and Extension Center**	**How Can I Help An Older Person Who May Have a Mental Illness?** An article especially for caretakers who work with the elderly. The article focuses on how to talk to an older person with a mental illness and how to refer them for help as well as references for where to go. http://www.ianrpubs.unl.edu/sendIt/nf578.html	
NEBRASKA	**Panhandle Research and Extension Center**	**Aging Sexuality** Explains the sexual stages and phases that an aging man and woman may go through as older adults. http://ianrpubs.unl.edu/family/nf579.htm	
NEVADA	**University of Nevada**	**"Seniors Can"** Community based program that takes place in senior centers or congregate sites for adults 55 and older. The program is designed to maintain mental health acuity, self-efficacy and wellness to improve quality of life. On this website is a volunteer training manual that explains the program in greater detail with ideas and examples of how to put a "Seniors Can" program together. http://www.unce.unr.edu/publications/CMPubs/CM0303.pdf http://www.unce.unr.edu/impacts/cyf.hn.SeniorsCAN.pdf	**Claudia Collins** *Associate Professor, Aging Issues* University of Nevada Cooperative Extension 2345 Red Rock Street - Suite 100 Las Vegas, NV 89146-3160 Phone: (702) 257-5531 Email: collinsc@unce.unr.edu
NEVADA	**University of Nevada**	**Preventing Crime in the Home** Detailed information developed to remind the elderly of precautions that they should take to prevent from being defrauded and to keep their home secure. http://www.unce.unr.edu/publications/FS01/FS0126.pdf	

NEVADA	**University of Nevada**	**Active Aging** A fact sheet with a variety of choices for example: paid employment or educational opportunities that the elderly can do to maintain an active lifestyle that unlocks the doors to many opportunities and health benefits. http://www.unce.unr.edu/publications/FS02/FS0206.pdf	
NEVADA	**University of Nevada**	**Reduce Accidental Falls In Your Home** A guide for the elderly on safety tips and ways to avoid different hazards to make their home a safer and more comfortable place to live. http://www.unce.unr.edu/publications/FS99/FS9947.pdf	
NEW HAMPSHIRE	**University of New Hampshire**	**NutriNews: Nutrition for Seniors** (newsletter) A variety of information on nutrition for the seniors such as Hearty Recipes, Food Safety and much more. http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews1.pdf http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews2.pdf http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews3.pdf http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews4.pdf http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews5.pdf http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews6.pdf http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews7.pdf http://ceinfo.unh.edu/Pubs/PubsFN/NutriNews/NutriNews8.pdf	**Valerie Long** *Food and Nutrition, Extension Specialist* Merrimack County Cooperative Extension 315 Daniel Webster Highway Boscawan, NH 03303 Phone: (603) 796-2151 Fax: (603) 796-2271 Email: valerie.long@unh.edu
NEW HAMPSHIRE	**University of New Hampshire**	**Smart Choices** (newsletter) A newsletter specifically designed to give adults information to improve nutrition without increasing the dollar amount spent on food. Also included in each newsletter is a healthy recipe as well as a question and answer section for inquiries about healthy eating. http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol6.pdf http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol5.pdf http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol4.pdf http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol3.pdf http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNvol2.pdf http://ceinfo.unh.edu/Pubs/PubsFN/SmartC/SCNVol1.pdf	
NEW JERSEY	**Rutgers University**	**Strong Bones for a Lifetime** An Osteoporosis Risk Self-Assessment Quiz that allows women to know beforehand if they are at risk for Osteoporosis. By taking this quiz, they are contributing to a study on Osteoporosis risk. http://www.rce.rutgers.edu/health/strongbones.asp	**Kathleen Shimomura** *Family & Community Health Sciences Educator* Rutgers Cooperative Extension of Hunterdon County P.O. Box 2900

			Flemington, NJ 08822 Phone: (908) 788-1342 Email: shimomura@rce.rutgers.edu
NEW JERSEY	**Rutgers University**	**Making A Change: Priorities, Goal Setting and Action** Ways to change your relationships, physical well-being, how to manage money, and psychological well-being by setting priorities, goals, and taking action. http://www.rce.rutgers.edu/pubs/pdfs/fs983.pdf	**Carol Byrd-Brenner** *Chair of the Dept. of Family and Community Health Sciences* Rutgers, The State University of New Jersey 88 Lipman Drive New Brunswick, NJ 08901 Phone: (732) 932-5000 ext. 607 Fax: (732) 932-6633 Email: bredbenner@aesop.rutgers.edu
NEW JERSEY	**Rutgers University**	**Its Your Choice: Living Wills** This fact sheet is designed to provide basic information on the living will issue so that informed health care decisions can be made. http://www.rce.rutgers.edu/pubs/publication.asp?pid=FS622	
NEW JERSEY	**Rutgers University**	**Advance Directives for Health Care** Provides information on the importance of advance care directives. Advance care directives help the family of the loved one, know what healthcare decisions to make, if they were placed in the position of making potential life and death health care decisions for their loved one. http://www.rce.rutgers.edu/pubs/publication.asp?pid=E286	
NEW MEXICO	**New Mexico State University**	**Grandparenting** A publication on how more grandparents are becoming the largest growing group seeking to become foster parents or to adopt their biological grandchildren. The roles of being a grandparent have changed dramatically and this publication focuses on relationships with grandchildren and 30 easy and quick activities to do with grandchildren. http://www.cahe.nmsu.edu/pubs/_f/F-406.pdf	**Diana Del Campo** *Extension Specialist* New Mexico State University Box 30003 Department 3AE Las Cruces, NM 88003 Phone: (505) 646-6031 Fax: (505) 646-1889 Email: ddelcamp@nmsu.edu
NEW YORK	**Cornell University**	**Cornell Institute for Translational Research on Aging** CITRA is a unique collaboration of social science, clinical and mental health researchers from Cornell's Ithaca campus; the Division of Geriatrics and Gerontology at the Weill Medical College of Cornell in Manhattan, and psychiatric researchers at Cornell's Psychiatric Division of the Cornell Institute for Geriatric Psychiatry in Westchester, N.Y. One important hallmark of the CITRA model is the cultivation and maintenance of close ties to human service providers from throughout the five boroughs of New York City.	**Leslie Schultz** *Program Administrator* (Cornell-Ithaca) Phone: (607) 255-4553 Email: ls30@cornell.edu

		www.citra.org	
NEW YORK	**Cornell University**	**Promoting well-being through integrative reminiscence: Direct and mediated influences on coherence, self-acceptance, depression, loneliness and health in a population of urban older African-American adults** This project addresses the important problem of racial health disparities in older adulthood, in an effort to close the gap in the experience of well-being in the later years. An established, evidence-based, reminiscence program the Structured Life Review (SLR) - has demonstrated significant effects, including reduced depression, improved health, increased coherence, and increased self-acceptance among older adults.	**Myra Sabir** *Post-Doctoral Fellow (CITRA)* Cornell Institute for Translational Research on Aging Phone: 607-254-8523 Email: mgs16@cornell.edu
NEW YORK	**Cornell University**	**Project Home Evaluation** CITRA investigators were selected to evaluate *Project Home,* a three-year demonstration program, funded by the NYS Department of Health and implemented by Loretto Health Care in Syracuse, NY. The ultimate goal of *Project Home* is to make it possible for any Onondaga County resident, 65 years of age and older, who is being discharged from a hospital to nursing home care, to have the opportunity to pursue the option of living at home or in an appropriate community setting, when such a setting can meet their needs safely and can be provided within the limits of available resources. The evaluation will measure two types of anticipated outcomes of Project Home: cost savings and anticipated participant well-being.	**Rhoda Meador** *Associate Director* Cornell Institute for Translational Research on Aging Phone: (607) 254-5360 Email: Rhm2@cornell.edu
NEW YORK	**Cornell University**	**The Retention Specialist Project** The Retention Specialist Project sheds new light on the problems of retaining frontline long-term care workers. This project was funded by Better Jobs Better Care, a research and demonstration program funded by the Robert Wood Johnson Foundation and The Atlantic Philanthropies to achieve changes in long-term care policy and practice that help reduce high vacancy and turnover rates among direct care workers in long-term care. A CITRA research team conducted a randomized, controlled evaluation study of a promising model designed to improve certified nursing assistants (CNAs) retention in nursing homes. Specifically, this evaluation project tested the effects of providing a trained retention specialist who has both the expertise and the ongoing support to systematically address problems of low job satisfaction and resulting turnover in a nursing home. The project provided in-	

		depth training and a portfolio of resources to the retention specialist who was charged with diagnosing and addressing retention problems.	
NEW YORK	**Cornell University**	**A Life Course Approach to Environmental Civic Engagement** Karl A. Pillemer (College of Human Ecology at Cornell) and Linda P. Wagenet (College of Human Ecology and College of Agriculture and Life Sciences at Cornell) are developing a program that connects aging and the environment. Tentatively entitled "A Life Course Approach to Environmental Civic Engagement" this program will especially focus on *environmental volunteerism as a mechanism for social integration among older adults*. Funding from the College of Human Ecology at Cornell has allowed Pillemer and Wagenet to explore this topic through focus groups in New York and Pennsylvania, seminars, interviews with key informants, a scan of relevant literature, and a review of secondary databases. Preliminary work suggests that environmental volunteering may have added value for older persons beyond the types of volunteer activity more conventionally performed in later life. A key issue is to understand opportunities for senior citizens to be involved in meaningful roles and social relationships. Our review of current literature and social programs reveals that these two groundswells of interest have not been combined in any meaningful way. This is unfortunate, because they provide a unique opportunity to address two problems simultaneously: the need for greater social integration in later life and the need for civic engagement and volunteerism in environmental activities. Our proposed program of outreach and research will address key social problems in aging and social isolation as well as environmental quality, leading to knowledge enhancement in these areas. In particular, little is known about a) factors that lead older persons to become involved in environmental civic engagement and volunteerism; b) the particular benefits that may result to volunteers in terms of physical and psychological well-being; and c) the degree to which barriers exist to environmental social participation.	**Linda Wagenet** *Senior Extension Associate* Development Sociology Cornell University Phone: (607) 255-6518 Email: Lpw2@cornell.edu
NEW YORK	**Cornell University**	**The Cornell Retirement And Well Being Study** A study based on three interviews with 763 older workers and retirees from six companies in upstate New York. Their ages ranged from 50-72 at the time of the first interview (1994-95), and they were subsequently interviewed in 1996-97 and in	**Josephine Swanson** *Assistant Dean for Extension & Outreach, Associate Director of Cooperative Extension* Cornell University

		1998-99. This study is enabling investigations into both the retirement transition and life after retirement. Key findings include the gendered nature of the pathways to and through retirement, the importance of post-retirement employment and social participation for psychological well-being, and the wide variation in worker's expectations about the timing of their retirement. http://www.lifecourse.cornell.edu/archives/misc/retirement_study.pdf	186 Martha Van Rensselaer Hall Ithaca, NY 14853 Phone: (607) 255-2247 Fax: (607) 255-3794 Email: jas56@cornell.edu
NEW YORK	**Cornell University**	**The Cornell Midcareer Path And Passages Study** Explores career and retirement planning, as well as factors predicting the health, well-being and productivity of the baby boom cohort. Social integration in the form of paid and unpaid productive engagement, and family patterns of decision-making are pivotal concepts to this study. http://www.lifecourse.cornell.edu/archives/misc/midcareer_2001.pdf	
NEW YORK	**Cornell University**	**Promoting Social Integration In Long-Term Care** A study conducted by Karl Pillemer and associates that will launch a major randomized controlled experiment involving 1,200 family members and staff in 20 long-term care facilities. This study will test intervention, piloted extensively over the past four years, which trains these groups in active listening, communication skills, and practical techniques for resolving conflicts. The research seeks to assess how well such training can reduce interpersonal conflict between facility caregivers and the family members of residents, improve communication between the two groups, and enhance resident, family, and staff well-being.	
NEW YORK	**Cornell University**	**Pathways to Life Quality** Contains research findings and highlights from a long-term study of residential change and adjustment in the later years. http://www.pathwayslifequality.org/	
NEW YORK	**Cornell University**	**Relatives as Parents Program** This program is designed to assist grandparents and other relatives who have taken on the role of primary caregiver for related children. We provide: • Education and training to learn new parenting and advocacy skills • Mutual peer support groups • Referral and access to appropriate community based	**Cornell Cooperative Extension – Orange County** Community Campus 1 Ashley Avenue Middletown, NY 10940 Phone: (845) 344-1234 Fax: (845) 343-7471 Email: orange@cce.edu

		services and resources http://www.cce.cornell.edu/Orange/rappbroch02.pdf	
NORTH CAROLINA	**North Carolina State University**	**Building Bones for a Lifetime** Explains the many risk factors of Osteoporosis and ways to increase Calcium in the body to prevent this disease as well as other dietary factors to help prevent Osteoporosis. http://www.ces.ncsu.edu/depts/fcs/food/pubs/fcs-452.pdf	**Jacquelyn McClelland** *Professor & Specialist, Nutrition* North Carolina State University Box 7605 Raleigh, NC 27695-7605 Phone: (919) 515-9148 Fax: (919) 5152786 Email: Jackie_mcclelland@nsu.edu
NORTH CAROLINA	**North Carolina State University**	**Partners In Wellness** A project created to help prevent malnutrition in North Carolina's older adults with limited income. www.ces.ncsu.edu/Wellness/	
NORTH CAROLINA	**North Carolina State University**	**Give Your Heart A Healthy Beat** This program provides you with research-based information that can be used to help you make healthful changes in your eating and exercise habits and is designed to help prevent cardiovascular disease. http://www.ces.ncsu.edu/depts/fcs/food/hhb/index.htm	
NORTH CAROLINA	**North Carolina State University**	**Aging with Gusto** An aging program designed to help people age with gusto by teaching them how to achieve optimum financial, physical and mental well-being in their later years. They also learn how to prepare for and cope with problems related to finances, legal issues, health, care-giving, housing, and self-care. http://www.ces.ncsu.edu/depts/fcs/pub/1998/awg.html	**Lucille Bearon** *Associate Professor, Adult Development/Aging Specialist* North Carolina Cooperative Extension North Carolina State University 113C Ricks Hall 1 Lampe Drive Box 7605 NCSU Raleigh, NC 27695 Phone: (919) 515-9146 Fax: (919) 515-2786 Email: luci_bearon@ncsu.edu
NORTH CAROLINA	**North Carolina State University**	**Trend Analysis: Family Caregiving in North Carolina** http://www.ces.ncsu.edu/depts/fcs/agents/FC.pdf	
NORTH CAROLINA	**North Carolina State University**	**Serving Older Adults in Rural North Carolina: Meeting the Challenge** http://www.aging.unc.edu/infocenter/resources/2000/ruralaging.pdf	
NORTH CAROLINA	**North Carolina State University**	**Trend Analysis: Grandparents Raising Grandchildren** http://www.ces.ncsu.edu/depts/fcs/agents/GRG.pdf	

NORTH CAROLINA	**North Carolina State University**	**The Language of Aging: How Words Shape Our Views About Aging** http://family-info.info/article.php?id=88	
NORTH CAROLINA	**North Carolina State University**	**Little Old Ladies and Grumpy Old Men: How Language Shapes Our Views About Aging** An extension fact sheet on how language shapes peoples views on aging http://www.ces.ncsu.edu/depts/fcs/human/pubs/fcs492.pdf	
NORTH CAROLINA	**North Carolina State University**	**Take Care: How to Help Mom and Dad** Tips for those who are feeling the "tug" to help out a parent with the tasks of daily living http://family-info.info/article.php?id=94	
NORTH CAROLINA	**North Carolina State University**	**Honoring Grandparents:** A magazine article where three North Carolina State University extension specialists, share their fond memories of their grandparents and thoughts on why grandparents truly deserve this honored place in American Life http://family-info.info/article.php?id=101	
NORTH CAROLINA	**North Carolina State University**	**The Burdens and the Blessings of Family Caregiving** An extension fact sheet on the challenges as well as the positive side of caregiving http://www.ces.ncsu.edu/depts/fcs/human/pubs/fcs464.pdf	
NORTH CAROLINA	**North Carolina State University**	**The Balancing Act: Caregiviers Play many Roles** A magazine article with tips for caregivers on coping with stress http://family-info.info/article.php?id=105	
NORTH CAROLINA	**North Carolina State University**	**Active Aging: Making the Most Out of Life** Brief publication on ways that older adults can take an active role in making their later years healthier and happier http://www.ces.ncsu.edu/depts/fcs/human/pubs/fcs474.pdf	
NORTH CAROLINA	**North Carolina State University**	**Evaluate Before Buying, Building, or Remodeling** Discusses what Life Cycle Housing is and what to take into consideration before buying, building, or remodeling a home, to make sure that it's design is accessible for able-bodied or physically disabled http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-385.pdf	**Sarah Kirby** *Associate Professor, Housing Specialist* North Carolina State University Dept. of Family and Consumer Sciences

NORTH CAROLINA	**North Carolina State University**	**Life Cycle-Housing: Furnishing a User Friendly Home** Guidelines on how to furnish a user-friendly home to help carry out daily living activities, maintain physical well-being, and how to make a home a safer place http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-391.pdf	Campus Box 7605 Raleigh, NC 27695 Phone: (919) 515-9154 Fax: (919) 515-2786 Email: sarah_kirby@ncsu.edu
NORTH CAROLINA	**North Carolina State University**	**Life Cycle-Housing: Removing Barriers in a Home** A guide of charts and illustrations that will help to identify specific barriers, suggests ways to adapt or eliminate barriers, and provide estimates on costs for the home http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-392.pdf	
NORTH CAROLINA	**North Carolina State University**	**A Housing Safety Checklist for Older People** A series of check-lists to use throughout your home to make it a safer and more comfortable place to live http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-461.pdf	
NORTH CAROLINA	**North Carolina State University**	**Intergenerational Intrigue** A newsletter article on how the elderly and young children are being brought together in a variety of ways in child care settings. There are advantages for both age groups in this type of setting which are included in the article. http://www.nncc.org/ComDev/dc34_intergeneration.html	**Karen DeBord** *Child Development Specialist* North Carolina State University Campus Box 7605 Raleigh, NC 27695 Phone: (919) 515-9147 Fax: (919) 515-2786 Email: karen_debord@ncsu.edu
NORTH DAKOTA	**North Dakota State University**	**More Than Cookies and Milk** Points out the importance of today's grandparents and the extra roles that they fulfill that are especially important to today's young families whether it be helping to deal with divorce, distance, or working parents. http://www.ext.nodak.edu/extpubs/yf/famsci/fs547w.htm	**Sean Brotherson** *Family Science Specialist* North Dakota State University E. Morrow-Lebedeff 351 Box 5057 Fargo, ND 58105 Phone: (701) 231-6143 Fax: (701) 231-6143 Email: sbrother@ndsuext.nodak.edu
NORTH DAKOTA	**North Dakota State University**	**The Influence of Grandparents and Step-Grandparents on Grandchildren** Focuses on the increased attention on the importance of grandparents and step-grandparents in reference to the emphasis on grandparenthood and step-grandparenthood that is a reflection of the increased life span. http://www.ext.nodak.edu/extpubs/yf/famsci/fs548w.htm	
NORTH DAKOTA	**North Dakota**	**You and the Law in North Dakota: The Rights of**	

	State University	**Grandparents and Step-Grandparents** A publication that answers a number of common questions concerning the rights of grandparents based on the North Dakota law. http://www.ext.nodak.edu/extpubs/yf/famsci/fs549w.htm	
NORTH DAKOTA	**North Dakota State University**	**When Grandparents Become Parents to Their Grandchildren** Explains how influential grandparents are when they assume the role of the parent for their grandchildren and how they feel a greater sense of purpose in life because of their caretaking responsibility. http://www.ext.nodak.edu/extpubs/yf/famsci/fs561w.htm	
NORTH DAKOTA	**North Dakota State University**	**Focus on the Little Things: Grandparent-Grandchildren Relationships** Focuses on the importance of quality time between grandparents and grandchildren by making memories and taking time to be together whether near or far. http://www.ext.nodak.edu/extpubs/yf/famsci/fs562w.htm	
OHIO	**Ohio State University**	**Elder Abuse** A fact sheet on the different forms of elder abuse, what to look for if elder abuse is suspected and what is being done to help the abused. http://ohioline.osu.edu/hyg-fact/5000/5308.html	**Kirk Bloir** *Program Manager, Human Development & Family Science* Ohio State University Extension 151 Campbell Hall, 1787 Neil Ave. Columbus, OH 43210-1295 Phone: (614) 688-4203 Fax: (614) 247-6063 Email: bloir.1@osu.edu
OHIO	**Ohio State University**	**Caring For The Terminally Ill** Describes each of the four main areas of care for those who are coping with dying - physical, psychological, social, and spiritual. While the information applies directly to the dying person, it is also relevant to others who are coping with dying - the family members, friends, and associates of the dying person, as well as professional and volunteer caregivers. http://ohioline.osu.edu/hyg-fact/5000/5315.html	
OHIO	**Ohio State University**	**Biotechnology And The Food You Eat** A fact sheet on the biological alteration of plants and animals. It provides information, ideas, or tips on how they have applied this process into what seniors are eating daily. http://ohioline.osu.edu/ss-fact/0177.html	
OHIO	**Ohio State University**	**Gardening With Seniors** Focuses on gardening for older adults. It provides	

		information, ideas, or tips on the positive effects of gardening for seniors. http://ohioline.osu.edu/ss-fact/0178.html
OHIO	**Ohio State University**	**What About Grandfathers?** A fact sheet on the role of a grandfather. It provides information, ideas, or tips on the effects of having a strong relationship between grandfather and his grandchildren. http://ohioline.osu.edu/ss-fact/pdf/0195.pdf
OHIO	**Ohio State University**	**Senior Series** A series of fact sheets on various topics related to adult development and aging such as how to communicate with a doctor, over-the-counter medication drugs, strategies for successful health, and much more. http://www.hec.ohio-state.edu/famlife/aging/fs.htm
OHIO	**Ohio State University**	**Facts About Caregivers and the Elderly** A fact sheet on the problems and challenges faced by adult children as they care for their parents. http://ohioline.osu.edu/hyg-fact/5000/5203.html
OHIO	**Ohio State University**	**Aging in Ohio** Informational site related to aging and older adults with resources for seniors and their families, programming information for professional working with seniors, and information about aging education events that are being offered in Ohio. http://www.hec.ohio-state.edu/famlife/aging/index.htm
OHIO	**Ohio State University**	**Medication Misuse Among Older Adults** A fact sheet with a list of how misuse of medication could occur among older adults. http://ohioline.osu.edu/ss-fact/0128.html
OHIO	**Ohio State University**	**Hotline Newsletter** A bi-monthly researched based publication designed for older adults and/or professionals who work with an aging population. There are seven topics that are included in each issue that range from Active Aging to News to Know for older adults. http://www.hec.ohio-state.edu/famlife/aging/hotline.htm
OHIO	**Ohio State**	**Life Planning: It Begins with Communication**

	University	A comprehensive curriculum designed to address communication about end-of-life issues and tools needed to make important later life decisions.
OHIO	**Ohio State University**	**Universal Design: Housing Solutions for All Ages and Abilities** Community education program on Universal Design and home modification for all ages and disabilities. Included in this program is a Leader's Guide and CD as well as Multiple Workshop Handouts. http://hec.osu.edu/ud/
OHIO	**Ohio State University**	**Estate Planning Considerations for Ohio Families** A website to familiarize Ohio readers with the issue associated with estate creation and transfer, to provide the basis of understanding estate planning terms, and to assist in outlining personal objectives. http://ohioline.osu.edu/estate/index.html
OHIO	**Ohio State University**	**"Honey, I'm Home!" – For Good: The Transition to Retirement** An article to help retiree's feel that retirement is not a loss of roles, income, or socially recognized productivity. It all depends on the circumstances, whether retirement is taken voluntarily or involuntarily as well as their health. http://ohioline.osu.edu/hyg-fact/5000/5159.html
OHIO	**Ohio State University**	**Living with Limitations: Arthritis and Flexibility** Advises the elderly of ways to do certain tasks around the house or outside by determining which tasks are easy and which ones are difficult as well as ideas of ways to make difficult tasks easier. http://ohioline.osu.edu/hyg-fact/5000/5273.html
OHIO	**Ohio State University**	**Living with Limitations: Endurance and Low Energy** Informs the elderly to begin tasks with an open-mind if they have a lack of endurance and low energy as well as giving them ideas of many ways and degrees of accomplishing any task. http://ohioline.osu.edu/hyg-fact/5000/5274.html
OHIO	**Ohio State University**	**Living with Limitations: Eyesight** An article specifically for the elderly who are blind or have limited or failing eyesight which helps them understand that

		organization is the most important factor in achieving independence. http://ohioline.osu.edu/hyg-fact/5000/5275.html	
OHIO	**Ohio State University**	**Living with Limitations: Mobility** Focuses on helping those in wheelchairs, those who may have a walking problem or any type of physical problem by giving them ideas on ways to maneuver around certain objects and how to make changes to accommodate those with physical disabilities and limitations. http://ohioline.osu.edu/hyg-fact/5000/5276.html	
OHIO	**Ohio State University**	**Last Wishes** A fact sheet on the last wishes of someone you know. It discusses such subjects as sustaining life, improved care, and making one's wishes known. http://ohioline.osu.edu/flm01/FS26.html	
OHIO	**Ohio State University**	**Benefits Of Grand-parenting** Describes the benefits of grand-parenting for both the grandparents and the grandchildren. It provides ways to be a better grandparent and how you can have fun even through long-distance relationships. http://ohioline.osu.edu/hyg-fact/5000/5313.html	
OHIO	**Ohio State University**	**Grandparents Raising Their Grandchildren** A fact sheet on the heightened number of grandparental care in America. It also lists the reasons why the numbers are increasing and where to get help. http://ohioline.osu.edu/flm01/FS25.html	
OHIO	**Ohio State University**	**Sixty-Second Stress Busters** Lists symptoms associated with stress and some quick relaxation exercises one can do to relieve their stress. http://ohioline.osu.edu/flm01/FS19.html	
OHIO	**Ohio State University**	**In Praise of Older Persons** An article discussing the importance of an older parent's role. http://ohioline.osu.edu/hyg-fact/5000/5306.html	
OKLAHOMA	**Oklahoma State University**	**Understanding the Effects of Aging on the Sensory System** Discusses how the different senses are affected by aging. It also discusses how to recognize vision, hearing, taste, touch,	**Jeri Robertson** *Senior Secretary, Cooperative Extension Service* Oklahoma State University

		and smell loss as well as how to help moderate the loss. http://osuextra.okstate.edu/pdfs/T-2140web.pdf	333 Human Environmental Sciences Stillwater, OK 74078 Phone: (405) 744-6231 Fax: (405) 744-1461 Email: jeri.robertson@okstate.edu
OKLAHOMA	**Oklahoma State University**	**Food Intake in Later Years** Emphasizes how some physical changes that occur with aging can affect dietary intake. http://osuextra.okstate.edu/pdfs/T-3148web.pdf	
OKLAHOMA	**Oklahoma State University**	**Nutrition in Later Years** Informs the elderly that good dietary patterns can contribute to both good health and survival in middle age and beyond. http://osuextra.okstate.edu/pdfs/T-3149web.pdf	
OKLAHOMA	**Oklahoma State University**	**Diet and Osteoporosis** Discusses the symptoms, complications of, and ways to lower the risk of osteoporosis. http://osuextra.okstate.edu/pdfs/T-3152web.pdf	
OKLAHOMA	**Oklahoma State University**	**Discipline Methods for Parents and Grandparents** A guide on ways to help discipline children in an effective, but positive manner so that parents and grandparents will raise responsible, confident children who grow up to think for themselves, care about others, and live satisfying and useful lives. http://www.fcs.okstate.edu/parenting/discipline/parents/Discipline_Methods_Parents_Grandparents.pdf	
OREGON	**Oregon State University**	**Sharing The Responsibilities of Parent Care: Sibling Relationships In Later Life** Provides strategies and suggestions for sharing the responsibilities of providing care to aging parents among siblings. http://extension.oregonstate.edu/catalog/html/ec/ec1458/	**Sally Bowman** *Extension Family Development Specialist* Oregon State University 161 Milam Hall Corvallis, OR 97331 Phone: (541) 737-1020 Fax: (541) 737-0999 bowmans@oregonstate.edu **Corina Lucason** *Office Specialist* Oregon State University 151 Milam Hall Corvallis, OR 97331 Phone: (541) 737-1014 Fax: (541) 737-0999 Email:
OREGON	**Oregon State University**	**Grandparenting Today** Gives a summary discussion of the expanding role of grandparents as well as step-grandparenting. http://eesc.orst.edu/agcomwebfile/edmat/html/ec/ec1459/ec1459.html	
OREGON	**Oregon State University**	**Simple Ideas for Facilitating Grandparents-Grandchild Exchanges At Home** Simple ideas of what the generation in the middle can do to help build closer relationships between young family members	

		and older adults. http://intergenerational.cas.psu.edu/Docs/GrandparentFactSheet.doc	Corina.Lucason@oregonstate.edu
OREGON	**Oregon State University**	**Talking With Aging Parents About Finances** Provides strategies for dealing diplomatically with family finance issues with aging parents. http://www.montana.edu/wwwpb/pubs/mt9324.pdf	
OREGON	**Oregon State University**	**Depression In Later Life: Turning Sadness Around** This two-hour workshop reviews facts surrounding mild to major depressive disorders, the prevalence and causes of depression in older people, current treatment recommendations, and challenges in the diagnosis of late life depression. A variety of resource materials are provided to each participant. Pre-registration is requested and continuing education credits are available for licensed foster care providers, nursing home administrators, and clinical social workers. http://extension.oregonstate.edu/fcd/aging/conted.php	
OREGON	**Oregon State University**	**Sex and Aging: A Game of Awareness and Interaction** Developed for use with community service providers, long term care staff, and others who work with older adults. Sexuality and aging is not an easy subject for many people to discuss, and yet, it often presents distress to people in their work. Players face sexual-related situations and issues involving older adults and are challenged to examine their attitudes and make decisions. Includes four sets of game cards- Issues, Daily Changes, Crisis and Conflict, and Relationships. http://extension.oregonstate.edu/fcd/aging/extpubs.php	
OREGON	**Oregon State University**	**Parenting Grandchildren:** Issues for grandparents and other relatives who are raising children. http://extension.oregonstate.edu/fcd/parentchild/grandchildren/index.php	
OREGON	**Oregon State University**	**When Dependency Increases Series** A series of seven multi-media workshop designed for families, care providers, and older adults. Each workshop package includes a 16-20 minute color slide/tape production, script, a comprehensive instructor's guide for conducting a 1 to 3 hour workshop, overhead transparency masters, participant	

		handouts, worksheets, and color videotape (of the slide/tape program). The workshop is sold as a complete package (includes the videotape). **$300.00** http://extension.oregonstate.edu/fcd/aging/extpubs.php
OREGON	**Oregon State University**	**Aging Parents: Helping When Health Fails** Discusses family relationships and decision-making in later life and general guidelines to consider when a family faces the dilemma of what to do when an older family member becomes frail and changes must be faced. **$2.50** http://extension.oregonstate.edu/catalog/html/pnw/pnw246/
OREGON	**Oregon State University**	**Alcohol Problems in Later Life** Discusses factors related to the development of alcohol problems in later life, signs of an alcohol problem, how to raise concerns with an older person, the intervention process, and guidelines for selecting a treatment program. **$1.50** http://eesc.orst.edu/agcomwebfile/edmat/html/PNW/PNW342/PNW342.html
OREGON	**Oregon State University**	**Coping with Caregiving: How to Manage Stress When Caring for Elderly Relatives** A guide for helping caregivers to maintain their own well-being while providing care to others. Discusses sources of care-giving stress, warning signals, and ways to manage stress. **$2.00** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw315.pdf
OREGON	**Oregon State University**	**Coping With Your Loss And Grief** Designed to help older people and others to understand and cope with their own loss and grief and to sensitively respond to the grief of others. **$1.00** http://extension.oregonstate.edu/catalog/html/pnw/pnw438/
OREGON	**Oregon State University**	**Depression In Later Life: Recognition And Treatment** Discusses depression and factors related to its onset in later life; signs of depression in older adults; treatments; ways to help the depressed person; and how to recognize and respond to the suicidal person. $**2.50** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw347.pdf

OREGON	**Oregon State University**	**Driving Decisions In Later Life** Discusses age-related changes that can affect driving, the significance of the ability to drive in our lives, and factors to consider when approaching an older person about his or her driving. **$2.50** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw510.pdf
OREGON	**Oregon State University**	**Helping Memory-Impaired Elders: A Guide For Caregivers** Discusses dementia in later life and ways to cope more effectively with the resulting changes. Provides general care and management guidelines and how to handle specific problems such as driving, wandering, money management, hallucinations, eating, incontinence, hiding of items, and communication. **$1.50** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw314.pdf
OREGON	**Oregon State University**	**Helping Your Older Family Member Handle Finances** Gives guidelines for assisting an older person who can no longer manage his or her finances. Discusses formal financial planning tools such as: joint bank accounts, power of attorney, living trusts, representative payee, and conservator ship. **$.50** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw344.pdf
OREGON	**Oregon State University**	**Hiring And Working Successfully With In-Home Care Providers** A guide to finding, screening, and hiring in-home workers. Discusses the advantages and disadvantages of hiring help privately versus hiring assistance through an agency and the responsibilities of hiring help on your own. Offers guidelines for developing effective working relationships with in-home workers. **$2.50** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw547.pdf
OREGON	**Oregon State University**	**Living Arrangements In Later Life** Discusses the impact a move can have on a person, living arrangement options for older people with different needs, and factors to consider when selecting a living arrangement. **$1.00** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw318.pdf

OREGON	**Oregon State University**	**Loss And Grief In Later Life** Provides an understanding of loss and grief in later life and how to sensitively respond to the grief of others. Although emphasis is on losses experienced in later life, most information is equally applicable to grief throughout adulthood. **$3.00** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw439.pdf
OREGON	**Oregon State University**	**Making Decisions About A Nursing Home** Provides guidelines for making decisions about a nursing home, assessing family and community resources, selecting a quality facility, and dealing with the feelings of everyone. Discusses ways to maintain positive contact with older family members who live in nursing homes. **$3.50** http://extension.oregonstate.edu/catalog/pdf/pnw/pnw563.pdf
OREGON	**Oregon State University**	**Making Connections: Children And Frail Elders** Interactions between children and their frail elders can benefit both generations. Children can gain an understanding of aging and develop meaningful relationships with older persons. Frail elders can enjoy the happiness and satisfaction of a relationship with a child. Offers tips for creating positive interactions and maintaining connections between children and frail elderly. **$1.00** http://extension.oregonstate.edu/catalog/html/fs/fs327/
OREGON	**Oregon State University**	**Managing Urinary Incontinence For Healthy Aging** Discusses age-related changes in the urinary system, factors that contribute to urinary incontinence, types of incontinence, treatments, and how to manage when incontinence cannot be completely cured. **$1.00** http://extension.oregonstate.edu/catalog/html/pnw/pnw408/
OREGON	**Oregon State University**	**Sensory Changes In Later Life** Discusses the sensory changes such as: vision, hearing, taste, smell, and touch, that commonly occur in later life, and the implications of these changes for the older person and for those who work with elders. **$1.00** http://extension.oregonstate.edu/catalog/html/pnw/pnw196/

OREGON	**Oregon State University**	**Talking To Your Family And Doctor About Difficult Health Care Decisions** Helps people to discuss their thoughts and feelings about difficult medical decisions with their family and doctors. It describes life-prolonging procedures and treatments, offers questions to ask one's self about life-sustaining treatments, gives specific guidelines for initiating a conversation in advance of need, and discusses how ethics committees in care facilities can help when there is a disagreement about a person's care. **$1.25**	
OREGON	**Oregon State University**	**Ties That Bind: Grandparenting Today** Grandparenting has become a phenomenon of middle age rather than old age. As such, grandparents may be experiencing some midlife crises of their own such as career change, divorce, widowhood, dating, remarriage, or health problems. They also may be concerned about the care of their own older parents. Increased mobility of families means that generations may live apart. Geographic separation makes the relationship grandchildren have with grandparents different from how it was when generations lived in the same town all their lives. Nevertheless, modern communication and travel make it possible for them to be emotionally close. Modern grandchildren come in all ages, not just the smiling baby. They are in all stages of development--the "terrible twos," the cooperative and talkative 9-year-old, and the contrary teenage years. They are even "middle aged." Some people in their 40s still have grandparents living. http://eesc.orst.edu/agcomwebfile/edmat/html/EC/EC1459/EC1459.html	
OREGON	**Oregon State University**	**Alzheimer's Disease And Related Disorders: Understanding Memory Loss From Multiple Perspectives** Covers identification, diagnosis, and treatment of dementia, including the perspectives of family members and caregivers. http://www.AlzheimerSeminar.com *This is not an Oregon State Publication but Sally Bowman, from Oregon State University, was one of the authors.*	
PENNSYLVANIA	**Pennsylvania State University**	**"Developing an Intergenerational Program in Your Early Childhood Childhood Education Center" Guidebook** Provides helpful suggestions for early childhood professionals interested in involving senior adults in early childhood care	**Matthew Kaplan** *Associate Professor, Intergenerational Programs & Aging*

		and education programs. Provides effective practices for finding and training senior volunteers, preparing staff, and integrating senior adults into the curriculum. Emphasis is placed on the idea that with good support and training, senior adults can do more than assist with the existing curriculum that is developed by professional staff; they can become valuable curriculum makers and contribute to all sorts of positive changes in the entire early childhood setting. http://intergenerational.cas.psu.edu/earlychildhood.html	Pennsylvania State University 315 Ag Administration Building University Park, PA 16802 Phone: (814) 863-7871 Fax: (814) 863-4753 Email: msk15@psu.edu
PENNSYLVANIA	**Pennsylvania State University**	**The Playroom: Ideas for Intergenerational Activities** Highlights intergenerational activities that can be implemented with young children and older adults. http://intergenerational.cas.psu.edu/playroom.htm	
PENNSYLVANIA	**Pennsylvania State University**	**"Webbing": An Emergent Curriculum Approach** An interactive exercise designed to stimulate older adult involvement in activity planning. http://intergenerational.cas.psu.edu/webbing.htm	
PENNSYLVANIA	**Pennsylvania State University**	**Generations United for Environmental Awareness and Action** Describes a variety of promising strategies for bringing children, youth, and older adults together as partners to explore, study, and work to improve the natural environment. At the same time, drawing attention to the shared environment and providing opportunities for collaborative activity to improve it is an effective strategy for promoting intergenerational understanding and unity. http://intergenerational.cas.psu.edu/EnvEd.html	
PENNSYLVANIA	**Pennsylvania State University**	**Some What's and Why's of Intergenerational Programming** Information on the field of intergenerational programming http://intergenerational.cas.psu.edu/Docs/WhatsWhys.pdf	
PENNSYLVANIA	**Pennsylvania State University**	**Proverbs: To Promote Understanding Across Generations and Cultures** A booklet for facilitators, geared towards youth, ages 12-19, older adults, and intergenerational audiences to increase the understanding of the process of aging, increase communication with family members, develop intergenerational relationships, and raise awareness of cultural differences and similarities.	

		http://intergenerational.cas.psu.edu/Docs/Booklet.pdf
PENNSYLVANIA	**Pennsylvania State University**	**The Futures Festival: An Intergenerational Approach to Community Participation** An instructional guidebook outlining how to implement "Futures Festival" special events as a strategy for engaging people of all ages in constructive dialogue about community development issues. Community residents of all ages and public officials come together at a community event to share their ideas about community development. http://intergenerational.cas.psu.edu/Festival.html
PENNSYLVANIA	**Pennsylvania State University**	**Heritage Circle Activity** An activity where young residents in a community can engage with older adults to produce a sense of awareness and appreciation of local heritage as well as establishing a setting for recognizing older adults in a community who are knowledgeable about local history and culture. The young residents will also learn about breaking down stereotypes and increasing understanding about people of different cultures and age groups. http://intergenerational.cas.psu.edu/Docs/Heritagecircles.doc
PENNSYLVANIA	**Pennsylvania State University**	**Generations Celebrations** Six sessions designed to help young people and older adults become more aware of stereotypical attitudes toward aging and to get to know each other as individuals. http://pa4h.cas.psu.edu/Projects/GenCel/default.html
PENNSYLVANIA	**Pennsylvania State University**	**The Building Blocks of Intergenerational Programs** Ideas that should be considered for program planning, implementation, and evaluation for intergenerational programs. http://intergenerational.cas.psu.edu/Docs/BuildingBlocks.pdf
PENNSYLVANIA	**Pennsylvania State University**	**Simple Ideas for Facilitating Grandparent-Grandchild Exchanges at Home** A list of ideas of what the generation in the middle can do to help build closer relationships between young family members and older adults. http://intergenerational.cas.psu.edu/Docs/GrandparentFactSheet.doc
		Gift Ideas to Link Generations

PENNSYLVANIA	**Pennsylvania State University**	An article about how gifts can be used to help reconnect the generations by viewing it as an opportunity to enter into the rhymes and rhythms of another person's life experiences or a way of bringing people together across geographical and generational distances, instead of viewing it as a product. http://intergenerational.cas.psu.edu/Docs/Article1.pdf
PENNSYLVANIA	**Pennsylvania State University**	**From "Senior Moments" to "Wisdom Moments"** Focuses on the popular usage of the term "Senior Moment" and how the new term, "Wisdom Moment" should be used because not all seniors are forgetful. The phrase "Wisdom Moment" allows us to affirm life and human potential rather than limitation. http://intergenerational.cas.psu.edu/Docs/Article2.pdf
PENNSYLVANIA	**Pennsylvania State University**	**Talking About Work Across Generations** Provides ideas to strengthen families and communities by creating opportunities for people to come together across generational lines to share views and experiences and support one another. http://intergenerational.cas.psu.edu/Docs/Article3.pdf
PENNSYLVANIA	**Pennsylvania State University**	**Rethinking "Retirement": What's in a word?** Explains the words retire and retirement in further detail and how the words came about. http://intergenerational.cas.psu.edu/Docs/Article5.pdf
PENNSYLVANIA	**Pennsylvania State University**	**The Coming Agequake** Explains the effect that the growing aged community may have on the nation and the world that may range from a triumph of human civilization to a sure-shot formula for financial bankruptcy. http://intergenerational.cas.psu.edu/Docs/Article6.pdf
PENNSYLVANIA	**Pennsylvania State University**	**The Changing Face of Grandparenthood** Explains how the "baby boomer" signals some interesting changes in the enterprise of grand-parenting and how grandparents of previous eras will identify with different historical events, have different ideas about work and play, and have different heroes. All of these differences translate into probable changes in the way grandparents spend time with their grandchildren. http://intergenerational.cas.psu.edu/Docs/Article10.pdf

PENNSYLVANIA	**Pennsylvania State University**	**Wired for what? Technological Innovation and the Way We Care for Frail Older Adults** Discusses the many innovations created to assist older adults such as telemedicine, different sensors and control devices or even robotics. http://intergenerational.cas.psu.edu/Docs/Article12.pdf	
RHODE ISLAND	**University of Rhode Island**	**Senior Nutrition Awareness Project** This project provides the elderly with accurate nutrition information through various free services. These include: group nutrition education workshops, healthy cooking classes, the distribution of nutrition pamphlets, and nutrition education through four different cable television productions airing in the Groton/New London area. http://www.canr.uconn.edu/nusci/outrch/snap/snap.html	**Nancy Fey-Yensan** *Associate Professor, Nutrition & Food Sciences* University of Rhode Island CELS 106 Ranger Hall Kingston, RI 02881 Phone: (401) 874-2978 Fax: (401) 874-5974 Email: fey@uri.edu
TENNESSEE	**University of Tennessee**	**Ditch and Pitch** An elder fraud peer education and prevention curriculum. http://fcs.tennessee.edu/tennesseesaves/TeachingResources/curricula/default.htm http://www.joe.org/joe/2004june/a6.shtml	**Dena Wise** *Associate Professor* University of Tennessee Family and Consumer Science-State 218t Morgan Hall 2621 Morgan Circle Drive Knoxville, TN 37996 Phone: (865) 974-8198 Email: dkwise@utk.edu
TENNESSEE	**University of Tennessee**	**To Your Health! Food Safety for Seniors** Discusses the importance of food safety for seniors and the need to be careful with foods because where and how we produce our food has changed as well as the ability to resist food borne illnesses. http://www.utextension.utk.edu/publications/pbfiles/PB1723.pdf	
TENNESSEE	**Tennessee State University**	**Grandparents and Kinship Caregiving** Educational in-service training for professionals, paraprofessionals, and volunteers in the areas of parenting, family values, family relations, and life transition. The training focuses on the need for external interaction with grandparents in order to enhance strong family relations. It examines potential impacts in terms of social, economic, and environmental factors that will lend to assisting grandparents with parental responsibilities. Education is provided to audiences to better equip them to work with public systems in identifying community resources, setting goals to make safer places for their children, promoting awareness of legislation,	**Dr. Thelma Sanders-Hunter** *Extension Associate Professor* Tennessee State University 3500 John A. Merritt BoulevardNashville, TN 37209-1561 Phone: (615) 963-5547 Fax: (615) 963-1840 Email: tsanders@tnstate.edu

		and building moral support for grandparents. www.tnstate.edu	
TENNESSEE	**Tennessee State University**	**Grandparents and Other Relative Caregivers as Parents** This module contains six lessons. It provides discussions to allow caregivers to understand what they should do in situations involving the immediate needs of dependent children. It also addresses basic concerns of caregivers in dealing with social and legal issues they may encounter. Some suggestive community resources that may be available to them are referenced.	
TEXAS	**Texas A&M University**	**Coping with Caregiving** Offers guidance to help readers maintain his or her own personal well-being while providing quality care for an elderly relative. There is information on stress management, involving other family members, caregiving at a distance, and placement in a care facility. This publication also includes two self-tests for diagnosing and managing stress, as well as a telephone prompter to guide the reader in contacting helpful resources in the community. Publication Homepage: http://tcebookstore.org/pubinfo.cfm?pubid=598 View Online Publication: http://tcebookstore.org/tmppdfs/2350411-B6006.pdf	**Andrew Crocker** *Extension Program Specialist, Gerontology Health* Texas Cooperative Extension 6500 Amarillo Blvd, West Amarillo, TX 79106 Phone: (806) 677-5600 Fax: (806) 677-5644 Email: ABCrocker@ag.tamu.edu **Judith Warren** *Professor and Extension Gerontology Specialist* Texas Cooperative Extension 311 Melbern Glasscock Building 2251 TAMU College Station, TX 77843 Phone: (979) 845-8954 Fax: (979) 845-6496 Email: jl-warren@tamu.edu
TEXAS	**Texas A&M University**	**Training Respite Caregivers for Alzheimer's Family Support – A Program Manual** Outlines a training program for caregivers of elders with dementia, specifically Alzheimer's Disease, who do not require skilled nursing care. The manual includes information on planning, organizing, conducting and evaluating the 4 to 5 day training program. This publication is available for purchase. http://tcebookstore.org/pubinfo.cfm?pubid=74	
TEXAS	**Texas A&M University**	**Aging Publications** This website provides a variety of publications ranging from caregiving to housing to accessible design. http://tcebookstore.org/browse.cfm?catid=95	
TEXAS	**Texas A&M University**	**Human Relationships and Practical Psychology in Working with Older Adults** One page fact sheet that focuses on respecting basic human needs of older adults as well as discussing what basic human needs are, paying attention to changes that may occur, having	

		patience, and understanding adaptive behavior. http://fcs.tamu.edu/aging/basic_human_needs.htm	
TEXAS	**Texas A&M University**	**Caring For Elderly Family Members** Explains how to help elderly family members live happier, safer, and in a more comfortable way. http://extensionenespanol.net/pubinfo.cfm?pubid=172	
TEXAS	**Texas A&M University**	**Nutrition And The Elderly** Provides information on diets and exercises for the elderly. http://extensionenespanol.net/tmppdfs/2403809-PUVM09.pdf	**Dr. Sharon Robinson** *Assistant Professor and Extension Nutrition Specialist* Texas Cooperative Extension 352 Kleberg Center 2471 TAMU College Station, TX 77843 Phone: (979) 845– 6379 Fax: (979) 865-6379 Email: s-robinson@tamu.edu **Lisa Fling** *Senior Office Associate* Phone: (979) 845-6379 Email: l-fling@tamu.edu
TEXAS	**Texas A&M University**	**Depression and the Older Adult** http://fcs.tamu.edu/food_and_nutrition/PDF/depressionandolderadult.pdf	
TEXAS	**Texas A&M University**	**Aim for Physical Activity** http://fcs.tamu.edu/food_and_nutrition/PDF/activityconsumer.pdf	
TEXAS	**Texas A&M University**	**Aim to Keep Food Safe** http://fcs.tamu.edu/food_and_nutrition/PDF/foodconsumer.pdf	
TEXAS	**Texas A&M University**	**Aim for Hydration** http://fcs.tamu.edu/food_and_nutrition/PDF/hydrationconsumer.pdf	
UTAH	**Utah State University**	**Ideas for Grandparents** Gives grandparents ideas on how to make themselves meaningful in the lives of their grandchildren. http://extension.usu.edu/files/fampubs/ideas.htm	
UTAH	**Utah State University**	**How to Explain Death to a Child When a Grandparent Dies** Explains how children are often sheltered away from discussions about death and how important it is to have these conversations in the event of a family member, especially a grandparent or great-grandparent who has passed away. By properly handling the discussion, this can be a growth producing relationship bonding experience for the child and the parent. This will help the child deal with future events in life pertaining to death. http://extension.usu.edu/files/newsletters/sept97.html#death	

UTAH	**Utah State University**	**If You're Caring For An Older Family Member** Gives examples of the changes, such as frustration, that primary care providers may experience when caring for an elderly person as well as ways to deal with the frustration, depressiveness, and stress. http://extension.usu.edu/files/newsletters/sept97.html#caring	**Thomas Lee** Phone: (435) 797-1551 Phone: tom.lee@usu.edu
UTAH	**Utah State University**	**Are Revisions in Your Retirement Plan Needed?** Identifies the revisions of the Small Business Job Protection Act and the Kennedy-Kassebaum Health Insurance Portability and Accountability Act of 1996. These revisions are certain to have an affect on retirement planning for older adults. http://extension.usu.edu/files/newsletters/sept97.html#retirement	**Elizabeth Gorham**
UTAH	**Utah State University**	**Elderly Still Targets for Telemarketing Fraud** Identifies the warning signs of telemarketing fraud that family members should be aware of if they suspect a family member is involved in a fraudulent telemarketing scheme because the elderly are often targeted specifically for this type of crime. http://extension.usu.edu/files/newsletters/dec97.htm#elderly	
UTAH	**Utah State University**	**Do I Help My Aging Parents Enough?** Gives suggestions for adults who take care of their aging parents and ways that they can take a step further to enhance their parent's ability to be independent by helping them stay in control over their lives. http://extension.usu.edu/files/newsletters/apr99.html#parents	**Dorothy Woolley**
UTAH	**Utah State University**	**Concerned About Your Aging Parents?** Informs adults who have aging parents, that prevention is one of the best ways to help older people remain independent and the most effective way of preventing accidents is by making their home safer. http://extension.usu.edu/files/newsletters/apr99.html#concern	
VERMONT	**University of Vermont**	**Words to the Wise** A quarterly newsletter to promote healthy living among homebound and older individuals with limited resources. ***Available on the web and in hard copy.** http://www.uvm.edu/~uvmext/nfsh/newsletters.htm	**Linda Berlin** *Nutrition Specialist* University of Vermont 309A Terrill Hall 570 Main Street Burlington, VT 05405 Phone: (802) 656-0669 Fax: (802) 656-0407 Email: Linda.Berlin@uvm.edu
VERMONT	**University of Vermont**	**Healthy Eating, Healthy Aging** An interactive website for seniors that deals with nutrition, food	

		safety, and health issues. ***Coming soon.**	
VIRGINIA	**Virginia Polytechnic Institute and State University**	**Living Options For Adults Needing Assistance** A situational publication regarding the living options for adults needing assistance with a work sheet. http://www.ext.vt.edu/pubs/gerontology/350-254/350-254.html	**Celia Hayhoe** *Family Financial Management, Cooperative Extension Specialist* Virginia Polytechnic Institute & State University 103A Wallace Hall (0410) Blacksburg, VA 24061 Phone: (540) 231-3497 Fax: (540) 231-1697 Email: chayhoe@vt.edu
VIRGINIA	**Virginia Polytechnic Institute and State University**	**Grandparents Raising Grandchildren: Rights And Responsibilities** Fact sheet that discusses what comes along with raising grandchildren as a grandparent, the reason why people do it, statistics about it, and help for people who want to take part in it. http://www.ext.vt.edu/pubs/gerontology/350-255/350-255.html	
VIRGINIA	**Virginia Polytechnic Institute and State University**	**Seniors Surf the Web** A program to help older adults learn how to use computers through use of the internet. http://www.ext.vt.edu/pubs/nutrition/senior/index.html	
VIRGINIA	**Virginia Polytechnic Institute and State University**	**What Every Adult Child Needs to Know** One of the primary goals of this six-session curriculum is to help participants maximize the retirement-planning strategies that are open to caregivers and to provide them with other important financial planning information. While an emphasis is placed on sound financial planning, other key dimensions of effective caregiving is also covered, such as: family meetings, family dynamics, communication skills, and wise decision-making in which all concerned help to shape optimal choices. The focus of this project is to assist workers who are caregivers or who will become caregivers in the future to maximize their own retirement income. While caring for dependent relatives, caregivers have specific financial education needs due to time out of the workforce or extra costs involved in participating in the workforce either full or part-time. Although the project will be aimed at future caregivers of the elderly, the education program will also aid caregivers of a disabled spouse and/or children. Although other issues will be addressed, the primary topics to be covered are helping future or current caregivers to plan	

		realistically, maintain family harmony, and maximize their own retirement funding.	
VIRGINIA	**Virginia Polytechnic Institute and State University**	**Choosing Community Based Services For Older Adults and Their Families** Information on choosing community based services for older adults and their families. http://www.ext.vt.edu/pubs/gerontology/350-252/350-252.html	
VIRGINIA	**Virginia State Cooperative Extension**	**Just In Time Parenting Information** http://www.parentinginfo.org/state.html	**Novella J. Ruffin, Ph.D.,NCSP, CFLE** *Assistant Professor and Extension Specialist, Child Development* Virginia Cooperative Extension Virginia State University P. O. Box 9081 Petersburg, Virginia 23806 Phone: 804 524-5257 Fax: 804 524-5680 E-Mail: nruffin@vsu.edu
VIRGIN ISLANDS	**University of the Virgin Islands**	**Limited Resources: Individuals and Family** This program targets families that are living on limited income and have limited resources. It also targets families facing the reality of welfare reform who are asking for help managing their limited resources and income. Many families remain on public assistance because of limited employment opportunities in the territory, coupled with their limited social and educational skills to meet the demands of available jobs. Effective marketable skills are critical issues facing the elderly and women. This program conducts workshops in various areas including construction, t-shirt making, home decorating, recycles craft skills, and quilt making. They also provide short courses and other educational issues in areas that will positively affect limited resource individuals and families.	**Lois Sanders** *Assistant Director for 4-H/ Consumer Science* University of the Virgin Islands RR2 10000 Kings Hill US Virgin Island, VI 00850 Phone: (340) 692-4096 Email: lsande@uvi.edu **Kofi Boateng** *Associate Director* University of the Virgin Islands RR2 10000 Kings Hill US Virgin Island, VI 00850 Phone: (340) 692-4066 Email: kboaten@uvi.edu
VIRGIN ISLANDS	**University of the Virgin Islands**	**Marketable Skills** This program establishes partnerships between government and non-government agencies to promote activities for the elderly and people that are out of jobs and on a fixed income. Short courses and workshops are available to enhance marketable skills on the clientele as well as providing basic financial and money management help.	

WEST VIRGINIA	**West Virginia University**	**Grandparents Raising Grandchildren** Explores some of the joys and challenges in raising a second generation as well as information and support services that may be of assistance to the grandparents and their families. http://www.wvu.edu/~exten/infores/pubs/fypubs/240.wl.pdf	
WEST VIRGINIA	**West Virginia University**	**Relocation – Housing Alternatives for Later Years** Focuses on how housing is a difficult problem as people age and how there are many reasons to think about giving up the house that served their needs in earlier years. http://www.wvu.edu/~exten/infores/pubs/fypubs/175.wl.pdf	
WEST VIRGINIA	**West Virginia University**	**Home Alone: How Older Adults Can Feel Safe** Informs older adults that as they enter the later years of their life, they need to keep themselves as healthy and fit as possible, anticipate the declines that come along with normal aging as well as the possibility of unexpected illness or disability, and acting in a smart manner to keep from becoming a crime victim. http://www.wvu.edu/~exten/infores/pubs/fypubs/601.wl.pdf	**Allison Nichols** *Evaluation Specialist* West Virginia University Extension Service Center for 4-H and Youth, Family, and Adult Development 603 Knapp Hall P.O. Box 6031 Morgantown, WV 26506 Phone: (304) 293-2694 ext:3451 Fax: (304) 293-2694 Email: ahnichols@wvu.edu
WEST VIRGINIA	**West Virginia University**	**West Virginia Relatives As Parents** The WV Relatives as Parents Program is for grandparents and other relatives who are raising children for someone in their family. The program is a collaborative initiative including the WVU Extension Service, WV Department of Health and Human Resources, and Mission WV, Inc. The goal of the program is to establish support groups in all 55 counties. The program offers training for group facilitators, educational materials, and referrals to services. A legal guide and fact sheets on kin-caregiver issues are available.	
WEST VIRGINIA	**West Virginia University**	**Aging Parents: Helping When Health Fails** Gives adult sons and daughters general guidelines to consider if they face the dilemma about what to do about aged relatives. http://www.wvu.edu/~exten/infores/pubs/fypubs/wl427.pdf	
WEST VIRGINIA	**West Virginia University**	**Educational Gerontology:** This well-respected journal offers up-to-date original research in the fields of gerontology, adult education, and the social and behavioral sciences. Allison Nichols published the article *Gerontology Information*	

		and Training Needs of Cooperative Extension Professionals which are in this journal. http://www.tandf.co.uk/journals/titles/03601277.asp	
WEST VIRGINIA	**West Virginia University**	**Growing Older: The Old-Old Years** A true or false questionnaire in reference to the fast growing segment of our population – the older adults, so that we understand the growth, development, and changes that occur in the later years of life. http://www.wvu.edu/~exten/infores/pubs/fypubs/wl429.pdf	
WEST VIRGINIA	**West Virginia University**	**Growing Older: The Young-Old Years** A study program to explore some of the normal changes that occur in young-old years and the implications of these changes. http://www.wvu.edu/~exten/infores/pubs/fypubs/wl428.pdf	
WISCONSIN	**University of Wisconsin**	**Advance Planning Helps Families Fulfill Health Care Wishes** http://www.uwex.edu/ces/flp/caregiving/files/reading_advanceplanning.pdf	**Mary Brintnall-Peterson** *Aging Program Specialist* University of Wisconsin 337 Extension Building 432 N Lake Street Madison, WI 53706 Phone: (608) 262-8083 Fax: (608) 263-7969 Email: mary.brintnall-peterson@ces.uwex.edu
WISCONSIN	**University of Wisconsin**	**Age-related Falls Reduced with Vitamin D** http://www.uwex.edu/ces/flp/caregiving/files/reading_vitamind.pdf	
WISCONSIN	**University of Wisconsin**	**Another Reason to Eat Your Vegetables!** http://www.uwex.edu/ces/flp/caregiving/files/reading_vegetables.pdf	
WISCONSIN	**University of Wisconsin**	**Asking for Help is An Important Skill Caregivers Need to Learn** http://www.uwex.edu/ces/flp/caregiving/files/reading_askhelp.pdf	
WISCONSIN	**University of Wisconsin**	**Caregiving and Changing Relationships** http://www.uwex.edu/ces/flp/caregiving/files/reading_changingrelationships.pdf	
WISCONSIN	**University of Wisconsin**	**Caregiving at a Distance** http://www.uwex.edu/ces/flp/caregiving/files/reading_distance.pdf	
		Caregivers Find They Have Common Bonds	

WISCONSIN	**University of Wisconsin**	http://www.uwex.edu/ces/flp/caregiving/files/reading_bonds.pdf
WISCONSIN	**University of Wisconsin**	**Caregivers Need to Take Time to Care for Themselves** http://www.uwex.edu/ces/flp/caregiving/files/reading_time.pdf
WISCONSIN	**University of Wisconsin**	**Caregivers Watch for Signs of Distress or Depression** http://www.uwex.edu/ces/flp/caregiving/files/reading_depression.pdf
WISCONSIN	**University of Wisconsin**	**Caregiving Often Results in Guilt, Regret** http://www.uwex.edu/ces/flp/caregiving/files/reading_guilt.pdf
WISCONSIN	**University of Wisconsin**	**Caring Every Day: Honoring the Nation's Caregivers** http://www.uwex.edu/ces/flp/caregiving/files/reading_honoringcaregivers.pdf
WISCONSIN	**University of Wisconsin**	**Caring for Older Adults During Hot Weather** http://www.uwex.edu/ces/flp/caregiving/files/reading_hotweather.pdf
WISCONSIN	**University of Wisconsin**	**Children Play a Role in Family Caregiving** http://www.uwex.edu/ces/flp/caregiving/files/reading_children.pdf
WISCONSIN	**University of Wisconsin**	**Coping Strategies to Help Caregivers Deal with Unchangeable Situations** http://www.uwex.edu/ces/flp/caregiving/files/reading_caregivercoping.pdf
WISCONSIN	**University of Wisconsin**	**Coping with the Stress of Family Caregiving** http://www.uwex.edu/ces/flp/caregiving/files/reading_stress.pdf
WISCONSIN	**University of Wisconsin**	**Family Caregivers and Retirement Planning** http://www.uwex.edu/ces/flp/caregiving/files/reading_retirementplanning.pdf
WISCONSIN	**University of Wisconsin**	**Family Caregiving and Adult Sibling Relationships** http://www.uwex.edu/ces/flp/caregiving/files/reading_siblingrelationships.pdf

WISCONSIN	**University of Wisconsin**	**Family Caregiving is Everybody's Business** http://www.uwex.edu/ces/flp/caregiving/files/reading_business.pdf
WISCONSIN	**University of Wisconsin**	**Dietary Supplement Tips for Older Adults** http://www.uwex.edu/ces/flp/caregiving/files/reading_supplementtips.pdf
WISCONSIN	**University of Wisconsin**	**Driving May Be A Touchy Issue For Older Adults and Families** http://www.uwex.edu/ces/flp/caregiving/files/reading_driving.pdf
WISCONSIN	**University of Wisconsin**	**Exploring Housing Options for Older Adults** http://www.uwex.edu/ces/flp/caregiving/files/reading_housingoptions.pdf
WISCONSIN	**University of Wisconsin**	**Financial Toll of Caregiving** http://www.uwex.edu/ces/flp/caregiving/files/reading_financialtoll.pdf
WISCONSIN	**University of Wisconsin**	**Health Risks for Caregivers of Family Members with Dementia** http://www.uwex.edu/ces/flp/caregiving/files/reading_healthrisks.pdf
WISCONSIN	**University of Wisconsin**	**Holidays a Time You May Discover Your Aging Parent Needs Help** http://www.uwex.edu/ces/flp/caregiving/files/reading_holidays.pdf
WISCONSIN	**University of Wisconsin**	**Making It Easier To Talk With Your Doctor** http://www.uwex.edu/ces/flp/caregiving/files/reading_doctor.pdf
WISCONSIN	**University of Wisconsin**	**New Study Looks at How Older Adults, Adult Children View Independent Living** http://www.uwex.edu/ces/flp/caregiving/files/reading_independentliving.pdf
WISCONSIN	**University of Wisconsin**	**Older Adult Caregivers Can Benefit From Coping Strategies** http://www.uwex.edu/ces/flp/caregiving/files/reading_cope.pdf

WISCONSIN	**University of Wisconsin**	**Sharing Parent Care with Adult Siblings** http://www.uwex.edu/ces/flp/caregiving/files/reading_adultsiblings.pdf	
WISCONSIN	**University of Wisconsin**	**Sharing Your Caregiving Wisdom** http://www.uwex.edu/ces/flp/caregiving/files/reading_wisdom.pdf	
WISCONSIN	**University of Wisconsin**	**Specialized Nutrition Advice For Older Adults** http://www.uwex.edu/ces/flp/caregiving/files/reading_nutritionadvice.pdf	
WISCONSIN	**University of Wisconsin**	**Start the New Year by Reaching Out for Emotional Help** http://www.uwex.edu/ces/flp/caregiving/files/reading_emotionalhealth.pdf	
WISCONSIN	**University of Wisconsin**	**Strategies Can Make Adult Caregiving Less Stressful** http://www.uwex.edu/ces/flp/caregiving/files/reading_lessstressful.pdf	
WISCONSIN	**University of Wisconsin**	**Using Positive Terms for Older Adults Shapes Our Views of Aging** http://www.uwex.edu/ces/flp/caregiving/files/reading_terms.pdf	
WISCONSIN	**University of Wisconsin**	**Financial Security In Later Life** http://www.screes.usda.gov/nea/economics/fsll/fsll.html	
WISCONSIN	**University of Wisconsin**	**Highlights from States (Adult Development & Aging)** http://www.csrees.usda.gov/nea/family/in_focus/family_if_aging.html	
WISCONSIN	**University of Wisconsin**	**Highlights from States (Family Caregiving)** http://www.csrees.usda.gov/nea/family/in_focus/family_if_caregiving.html	