

# champs

## Center for Healthy Aging Ministries, Programs & Services

### **Reference Books**

- “101 Exercises for the Soul” by Dr. Bernie S. Siegel
- “A Gospel for the Mature Years” by Harold G. Koenig, MD, Tracy Lamar, MDiv, Betty Lamar, BFA
- “Aging, and Spirituality” by David O. Moberg, PhD
- “Aging: Concepts and Controversies” by Harry R. Moody
- “Aging: God’s Challenges to Church and Synagogue” by Richard H. Gentzler, Jr. & Donald F Clingan
- “Aging Gracefully: Keeping the Joy in the Journey” by David L. Petty
- “Aging Well” by George E. Vaillant, M.D.
- “Biblical Stories for Psychotherapy and Counseling” by Matthew B. Schwartz, PHD & Kalman J. Kaplan, PhD
- “Body Mind Spirit” by Richard P. Johnson, Ph.D.
- “Bringing Out the Best in People” by Alan Loy McGinnis
- “Caregiver’s Guide to Alzheimer’s Disease: 300 Tips” by Patricia R. Callone
- “Caring for the Alzheimer Patient” by Raye Lynne Dippel, Ph.D. & J. Thomas Hutton, M.D., Ph.D.
- “Celebrating the Rest of Your Life” by David Yount
- “Courage to Care, a Caregiver’s Guide Through Each Stage of Alzheimer’s” by Joanne Parrent
- “Decisions for Healthy Living” by B. E. Pruitt & Jane J. Steing
- “Designing an Older Adult Ministry” by Richard H. Gentzler, Jr.
- “Engaging in Ministry with Older Adults” by Dosia Carlson
- “Essential Concepts for Healthy Living” by Sandra Alters & Wendy Schiff
- “Extending Your Heritage” by J. Otis Ledbetter; Randy Scott
- “Faith-Based Initiatives and Aging Services” by F. Ellen Netting, Ph.D. & James W. Ellor, Ph.D., Editors
- “Final Gifts” by Maggie Callahan; Patricia Kelley
- “Forty-Sixty, A Study for Midlife Adults Who Want to Make a Difference” by Richard H. Gentzler, Jr. & Craig Kennet Miller
- “Gerontological Nursing & Healthy Aging” Ebersole-Hess-Touhy-Jett
- “Goodbye My Child” by Sara Rich Wheeler; Margaret M. Pike
- “Growing Old in Christ” Stanley Hauerwas, Carole Bailey Stoneking, Keith G. Meador, David Cloutier, Editors
- “Handbook on Women and Aging” Edited by Jean M. Coyle
- “Happiness: the Road to Well-being” by Donald L. Kjelleren
- “Healing Words: the Power of Prayer and the Practice of Medicine” by Larry Dossey
- “Health Calendar Diabetic Cooking” by Lara Rondinelli, RD, LDN, CDE and Chef Jennifer Bucko
- “Healthy Aging, A Lifelong Guide to Your Physical & Spiritual Well-Being” by Andrew Weil, M.D.

“Healthy Aging, A Lifelong Guide to Your Physical & Spiritual Well-Being” by Andrew Weil, M.D.  
“Healthy Aging: Challenges and Solutions” by Ken Dychtwald  
“Home Sweet Home” Thrivent Financial for Lutherans  
“Home Sweet Home” Thrivent Financial for Lutherans  
“How to Care for Aging Parents” by Virginia Morris  
“Is Religion Good for Your Health?” by Harold G. Koenig, M.D.  
“It Ain’t Over ‘til it’s Over” by William E. Diehl; Judith Ruhe Diehl  
“Last Minute Meals for People with Diabetes” by Nancy S. Hughes  
“Laugh Again” by Charles Swindoll  
“LifeKeys” by Jane A.G. Kise; David Stark; Sandra Krebs Hirsh  
“Mental Fitness for Life: 7 Steps to Healthy Aging” by Sandra Cusack, Ph.D. & Wendy Thompson, M.A.  
“Ministering to Older Adults: The Building Blocks” by Donald R. Koepke, M.Div., B.C.C., Editor  
“Moving On: A Practical Guide to Downsizing the Family Home” by Linda Hetzer & Janet Hulstrand  
“Necessary Losses” by Judith Viorst  
“The Baby Boomer’s Guide to Nursing Home Care” by Eric M. Carlson & Katharine Bau Hsiao  
“Parish Nurses, Health Care Chaplains, and Community Clergy” by Larry Vandecreek, DMin & Sue Mooney, BSN  
“PDR Pocket Guide to Prescription Drugs”  
“Prayers for the Later Years” by Malcolm Boyd  
“Psalms for Healing” by Gretchen Person  
“Remembering Your Story; A Guide for Spiritual Autobiography” by Richard L. Morgan  
“Rules for Aging: A Wry and Witty Guide to Life” by Roger Rosenblatt  
“Senior Adult Ministry in the 21<sup>st</sup> Century” by Dr. David P. Gallagher  
“Spiritual Passages” by Drew Leder, M.D., Ph.D.  
“Successful Aging” by John W. Rowe, M.D. & Robert L. Kahn, Ph.D.  
“The 12 Keys to Spiritual Vitality” by Richard P. Johnson, Ph.D.  
“The 36-Hour Day” by Nancy L. Mace, M.A. & Peter V. Rabins, M.D., M.P.H.  
“The Diabetes Snack, Munch, Nibble, Nosh Book” by Ruth Glick  
“The Empty Chair” by Susan J. Zonnebelt-Smeenge, R.N., Ed.D & Robert C. DeVries, D. Min., Ph.D  
“The Frugal Senior” by Rich Gray  
“The Graying of the Church” by Richard H. Gentzler, Jr., D.Min.  
“The Mayo Clinic Plan for Healthy Aging” by Edward Creagan, M.D., Medical Editor in Chief  
“The Merck Manual of Health & Aging” by Merck & Co.  
“The Pill Book”  
“The Spirit and Science of Holistic Health” by Jon Robison & Karen Carrier  
“Type 2 Diabetes for Beginners” by Phyllis Barrier, MS, RD, CDE  
“What the Bible Says About Healthy Living” by Rex Russell, M.D.

“When Roles Reverse; A Guide to Parenting your Parents” by Jim Comer  
“Winter Grace: Spirituality and Aging” by Kathleen Fischer  
“Younger Next Year” by Chris Crowley & Henry S. Lodge, M.D.  
“You’re Fifty-Now What?” by Charles R. Schwab

#### **AVAILABLE THROUGH ST. PAUL’S LIBRARY**

“Aging: The Fulfillment of Life” by Henri J.M. Nouwen & Walter J. Gaffney  
“Caring for Aging Parents” by Richard P. Johnson, M.D.

#### **JOURNALS**

“Generations” Vol. XXX Number 3 American Society of Aging  
“Journal of Aging and Health” Vol. 19 No. 1 SAGE Publications  
“Journal of Aging and Health” Vol. 19 No. 2 SAGE Publications  
“Journal of Aging and Physical Activity” Vol. 15, Number 1, January 2007 Human Kinetics  
“Journal of Aging and Physical Activity” Vol. 15, Number 2, April 2007 Human Kinetics  
“Journal of Aging Studies” Vol.21, No. 1 January 2007 Elsevier  
“Journal of Religion, Spirituality and Aging” Vol. 19 The Haworth Pastoral Press  
“Journal of Religion, Spirituality and Aging” Vol. 20 The Haworth Pastoral Press

#### **AUDIO CD**

“Healthy Aging, A Lifelong Guide to Your Physical and Spiritual Well-Being” Andrew Weil, M.D.

#### **VHS**

“A Question of Choice, Our Nation’s Health” CWI Productions, Inc.  
“Healthy Aging, Our Nation’s Health” US Administration on Aging  
“Healthy Aging, Write From The Heart” Educational Television Network, Inc.  
“Home Sweet Home” Thrivent for Lutherans  
“Home Sweet Home” Thrivent for Lutherans  
“Sit and Be Fit- 30 minute workout” with Mary Ann Wilson, RN  
“Sit and Be Fit – Balance & Fall Prevention Workout” with Mary Ann Wilson, RN

#### **DVD**

“Dr. Andrew Weil’s Healthy Aging” Acacia Publishing  
“Family” Memory Lane Media  
“Roadwise Review” American Automobile Association

“Roadwise Review” American Automobile Association

## **MAGAZINES**

“American Journal of Nursing”

“Cooking Light”

“Geriatric Nursing”

“Journal of Gerontological Nursing”

“Mature Years” Winter 2006-7 Cokesbury Resources for the Christian Journey

“Mature Years” Spring 2007 Cokesbury Resources for the Christian Journey

“Nursing 2006”

“Nursing 2007”

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