



NYSUT Health & Wellness Directory



New York State United Teachers

Message from the Officers

On behalf of the NYSUT Board of Directors, we are pleased to offer this *Health and Wellness Directory*. In this age of advanced medical technology, increased life expectancy and the evolving face of retirement as a period of great growth, activity, and vitality, our union remains committed to enhancing the lives of our retired members. The collaborative effort of the NYSUT Retiree Services and Social Services units in researching, writing, and publishing the *Health and Wellness Directory* is yet another example of that ongoing commitment.

This *Health and Wellness Directory* is designed to offer you resources to help plan, enhance and enrich your retirement experience and as a quick resource to find needed health-related information and services. The publication is organized into two main parts: an annotated bibliography of health and wellness resources and a resource directory containing contact information where members can find further information on selected health and wellness topics.

The annotated bibliography has been well-researched, carefully screened, and reviewed by a group of fellow NYSUT retirees. These retirees volunteered their time and expertise to review selected resources and offer feedback. Their assistance in evaluating the usefulness and readability of these materials was invaluable.

In addition, this booklet has a fairly comprehensive resource directory containing contact information for selected topics organized into categories: Health and Quality of Life Issues. Though this edition contains a fairly comprehensive listing of health and wellness resources, it is far from a complete listing; NYSUT hopes to update and expand these offerings in future editions. A tear-off page has been provided for readers to suggest topics/resources or to give feedback to be considered in future editions.

In solidarity, we offer our continued best wishes for an engaging, healthy, and most enjoyable retirement.

Acknowledgements

Special thanks are extended to each of the following NYSUT retirees for their invaluable assistance in making this publication possible by volunteering their time, knowledge, and expertise in rating the readability of the resources contained in this edition of the *NYSUT Health and Wellness Directory*:

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Title: Senior Citizens Handbook: Guide to Programs and Laws Affecting Older New Yorkers, Fourth Edition.

Author: New York State Bar Association

Publisher: Young Lawyers Section of the New York State Bar Association

Category: Benefits “A” Section

of pages: 186

Thumbnail Summary:

This is a “must read” for anyone wishing to be informed about Social Security, managing personal affairs, taxes, healthcare (Medicare, Medicaid), and other issues affecting seniors and older workers. Larger type and a question/answer format make it easy to read and understand.



Title: Social Security: Understanding the Benefits

Author: Social Security Administration

Publisher: Social Security Administration

Category: Benefits

of pages: 39

Thumbnail Summary:

This booklet is a good general information source on Social Security benefits. The booklet is made up of seven parts and it even provides examples of benefits. Toll- free telephone numbers and a website are included.



Title: Social Security: What Every Woman Should Know

Author: Social Security Administration

Publisher: Social Security Administration

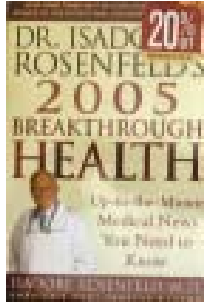
Category: Health and Wellness

of pages: 18

Benefits

Thumbnail Summary:

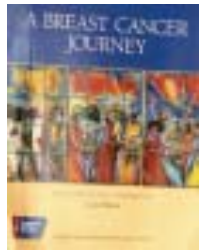
A woman's work history can be very different from that of a man. Whether a woman works, has worked, or has never worked, it is important that she knows exactly what Social Security coverage means to her. This is a brief, but informative, overview of benefits.



Title: 2005 Breakthrough Health
Author: Isadore Rosenfeld, M.D.
Publisher: Rodale Press
Category: Health and Wellness
of pages: 281

Thumbnail Summary:

This book is an easy to read, concise compilation of the latest health and medical information. It is an excellent resource for information on arthritis to wrinkles. This book is especially helpful because at the end of each chapter contains a summary of what was discussed in the chapter. Any reader will know the latest information on treatment before seeing their doctor.



Title: A Breast Cancer Journey: Your Personal Handbook, Second Edition
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health
of pages: 362

Thumbnail Summary:

A useful handbook for anyone faced with a diagnosis of breast cancer, selecting a treatment option, or recovering from treatment. It addresses specific issues at each stage and includes the National Comprehensive Cancer Network treatment guidelines. This handbook has an especially fine appendix of resources.



Title: Breast Cancer: Treatment Guidelines for Patients

Author: National Comprehensive Cancer Network

Publisher: American Cancer Society

Category: Health

of pages: 64

Thumbnail Summary:

An excellent guide for anyone facing treatment and/or treatment decisions regarding breast cancer. The book defines the types and treatments of breast cancer and provides a series of treatment guidelines for the stages of cancer. This book provides basic information about essential cancer treatment issues.



Title: Cancer-Related Fatigue: Treatment Guidelines for Patients

Author: American Cancer Society

Publisher: American Cancer Society

Category: Health

of pages: 26

Thumbnail Summary:

This pamphlet assists cancer patients in assessing their cancer-related fatigue and suggests treatments and coping techniques. There are helpful charts and guidelines that are clear and useful for patients to use in evaluating their cancer-related fatigue.



Title: Complementary and Alternative Cancer Methods Handbook

Author: American Cancer Society

Publisher: American Cancer Society

Category: Health

of pages: 291

Thumbnail Summary:

Although one might expect a bias against non-traditional approaches to cancer treatment, this volume is remarkably open-minded. This book offers cautious cancer patients realistic guidelines for evaluating the efficacy of alternative treatments.



Title: A Guide to Making Decisions about Your Cancer Therapy.

Author: Eli Lilly and Company

Publisher: Eli Lilly and Company

Category: Health

of pages: 40

Thumbnail Summary:

This booklet offers basic information to patients who have been diagnosed with cancer. It walks the reader through the experience step by step, helping to allay fears and to clarify what seems like an overwhelming emotional situation. The booklet even offers education and support contacts.



Title: Lifelong Health and Fitness Volume 1: Prevention and Human Aging
Author: Sara Harris, et al.
Publisher: Center for the Study of Aging, Inc.
Category: Health
of pages: 276

Health

Thumbnail Summary:

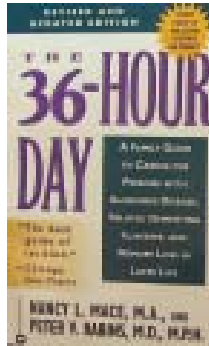
A collection of researched articles written by doctors for doctors. It would be difficult to imagine a more general readership beyond practitioners of geriatric medicine. For the layperson, there are some helpful topics and easy to understand topics such as Fall Prevention in the Elderly: Reducing the Risk of Bed Falls. However, the jargon used in this book is technical.



Title: Myths and Facts about Pancreatic Cancer: A Patient's Handbook
Author: James Abbruzzese, M.D., et al.
Publisher: PRR, Inc.
Category: Health
of pages: 61

Thumbnail Summary:

This is an intelligent guide for sufferers of pancreatic cancer. This publication thoroughly explains the principle questions about the diagnosis, especially those concerning treatment options. It clearly outlines different risk factors for pancreatic cancer and the different stages of the cancer.



Title: The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life

Author: Nancy Mace, M.A., and Peter Rabins, M.D.

Publisher: Warner Books

Category: Health and Wellness

of pages: 469

Thumbnail Summary:

Written for the primary caregiver of a family member with Alzheimer’s disease, this book is an excellent support manual and resource guide. Although the focus is on information regarding all aspects of care, such as the well-being of the caregiver, it also covers a wide-range of issues regarding care outside the home.



Title: The Aging Eye

Author: Harvard Medical School

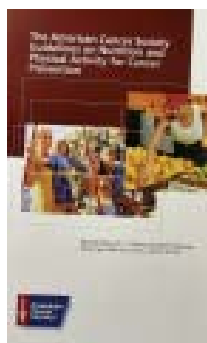
Publisher: Harvard Medical School

Category: Health and Wellness

of pages: 44

Thumbnail Summary:

Concerned about macular degeneration or thinking about laser vision correction? Read this book. This book contains well written factual information about eye health from the medical faculty at Harvard Medical School.



Title: The American Cancer Society Guidelines on Nutrition and Physical Activity for Cancer Prevention
Author: Walter C. Willett, M.D.
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 43

Thumbnail Summary:

This review of the 2001 American Cancer Society guidelines on nutrition and physical activity is a straightforward report on the most current research to date. A concise review of nutritional guidelines and physical activity recommended as well as specific guidelines for those with various types of cancer.



Title: Arthritis: Keeping Your Joints Healthy
Author: John Mills, M.D.
Publisher: Harvard Medical School
Category: Health and Wellness
of pages: 44

Thumbnail Summary:

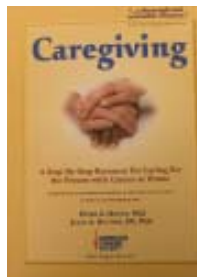
This report gives an excellent overview of a common, problem explaining the disease, the medications and the potential outlook for future cases. This report also describes how arthritis affects the joints and other structures. A helpful glossary is provided in the back of the booklet.



Title: Boosting Bone Strength: A Guide to Preventing and Treating Osteoporosis
Author: David Slovic, M.D.
Publisher: Harvard Medical School
Category: Health and Wellness
of pages: 40

Thumbnail Summary:

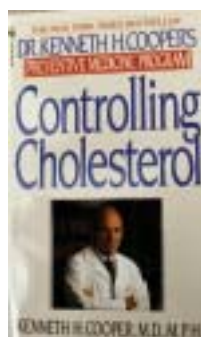
This book is an excellent read for men and women interested in preventing and treating osteoporosis. This book also provides valuable information regarding fractures and how to cope with them. Furthermore, this report gives informative updates on calcium and vitamin D and how to strengthen one’s bones. The glossary is useful and the diagrams are educational.



Title: Caregiving: A Step-by-Step Resource for Caring for the Person with Cancer at Home
Author: Peter S. Houts, Ph.D., and Julia A. Bucher, Ph.D., RN
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 304

Thumbnail Summary:

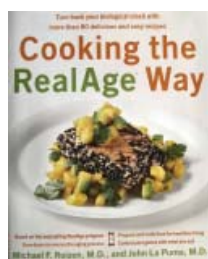
Complete guide to caring for cancer patients at home with the help and support of medical professionals. Chapters are written by cancer care professionals and home caregivers. Topics include: Cancer Treatments, Managing Care, Emotional Conditions, Physical Conditions, and Living with Cancer and Cancer Treatments. Excellent information.



Title: Controlling Cholesterol
Author: Kenneth Cooper
Publisher: Bantam Books
Category: Health and Wellness
of pages: 381

Thumbnail Summary:

An “everything you want to know” guide to preventing high cholesterol. This book addresses general issues such as nutrition as well as specific issues such as caffeine by presenting the research and then drawing a conclusion and making a recommendation. A thorough, serious, and scientific study of cholesterol.



Title: Cooking the Real Age Way
Author: Michael F. Roizen, M.D., and John LaPuma, M.D.
Publisher: Harper Collins
Category: Health and Wellness
of pages: 358

Thumbnail Summary:

As much a guide to careful eating as a cookbook. Excellent for those who want a complete nutritional analysis of recipes. The focus is on increasing the value of food choices and increasing one’s sense of youth. The book is well organized into the following categories: lunch, dinner, breakfast, side dish and dessert. Unusually informative and requires a lot of reading.



Title: Couples Confronting Cancer: Keeping your Relationship Strong
Author: Joy L. Fincannon and Katherine V. Bruss
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 266

Thumbnail Summary:

This book takes a close look at the stress of cancer on a couple’s relationship. The book is divided into four sections: one defines and evaluates the relationship, two discusses the impact of cancer on a couple’s emotions, existing conflicts, careers and parenting skills. The third section provides couples with positive coping strategies, and the fourth offers the couple a workbook exercise to help a couple maintain a strong bond throughout the disease process. A must read for any couple facing cancer in their family.



Title: Ethics in an Aging Society
Author: Harry R. Moody
Publisher: Johns Hopkins University Press
Category: Health and Wellness
of pages: 249

Thumbnail Summary:

This is the first single-authored examination written on the intersection between bioethics and aging. The author is a respected ethicist and an authority in the aging field. Subjects include Alzheimer’s Disease, autonomy in long-term care and justice between the generations. A challenging read.



Title: Fit Over Forty: The Winning Way to Lifetime Fitness
Author: Sherri McMillan
Publisher: Raincoast Books
Category: Health and Wellness
of pages: 166

Thumbnail Summary:

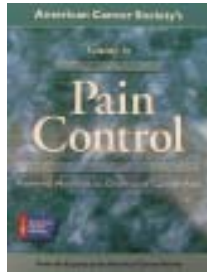
This book provides clear information regarding the necessary steps to living longer and retaining energy. Sections one and two are excellent except that the areas of exercise techniques could be more clear for use by novice exercisers.



Title: Good for You: Reducing Your Risk of Developing Cancer
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 367

Thumbnail Summary:

A broad guide to good health which is aimed at cancer prevention which covers an enormous range of topics. The book provides descriptive information and recommendations in a particularly readable format. Excellent sections with resources and print references.



Title: Guide to Pain Control: Powerful Methods to Overcome Cancer Pain
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 348

Thumbnail Summary:

The book discusses different drugs used for controlling cancer pain, understanding one's own pain and side effects, and creating a partnership with your health team. There are helpful diagrams and charts to illustrate different drugs and for what they are used. This is an excellent resource for a medical professional, but may be a challenging read for a layperson.



Title: Healthy Eating Cookbook, Second Edition
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 244

Thumbnail Summary:

This book is particularly useful for those concerned with calories and fat. The cookbook presents easy-to-make recipes from celebrities that follow the American Cancer Society guide for nutrition. Recipes cover a wide-range of ingredients that combine flavor with low fat and low calories.



Title: Hearing Loss: A Guide to Prevention and Treatment

Author: David Vernick, M.D., Angelique Stern, M.D.

Publisher: Harvard Medical School

Category: Health and Wellness

of pages: 42

Thumbnail Summary:

This guide to prevention and treatment of hearing loss is well written and should be clear and understandable for all individuals. This pamphlet offers a brief but very knowledgeable synopsis of hearing aids and the types of amplifications. The glossary is useful.



Title: How to Care for Aging Parents

Author: Virginia Morris

Publisher: Workman Publishing Company

Category: Health and Wellness

of pages: 436

Thumbnail Summary:

A comprehensive guide for caring for aging parents that will also help the reader plan for their own advanced years. Thorough coverage of financial, legal, medical and psychological issues as well as the helpful information of having those critical conversations, daily living tasks and selecting a nursing home. Includes personal stories from those who have been through this experience.



Title: Improving Memory: Understanding and Preventing Age-Related Memory Loss
Author: Susan Gilbert
Publisher: Harvard Medical School
Category: Health and Wellness
of pages: 40

Thumbnail Summary:

The health report succinctly explains how memory works in the brain. Highlighted issues covered are normal memory loss, memory changes related to age and memory improvement exercises. Highly recommended for anyone who fears that they are losing their ability to remember and want to know how to prevent such loss.



Title: Kicking Butts: Quit Smoking and Take Charge of Your Health
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 104

Thumbnail Summary:

This book helps you to get to know your enemy-the cigarette, and learn what you need to do to defeat it. It helps the reader prepare for the most important day of their life-the day they quit smoking. Quitting options, medications, and support as well as information and worksheets are all included to help a smoker through the quitting process. Contains a comprehensive review of all options and lists of resources.



Title: The Knee Sourcebook
Author: Marc Darrow, M.D., J.D.
Publisher: Contemporary Books
Category: Health and Wellness
of pages: 142

Thumbnail Summary:

For anyone who has experienced a knee injury or is an older athlete this book is a valuable resource. Types of injuries, rehabilitation, and information on supplements are covered in-depth. This book is well organized and easy to understand.



Title: Lung Cancer: Treatment Guidelines for Patients
Author: National Comprehensive Cancer Network
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 64

Thumbnail Summary:

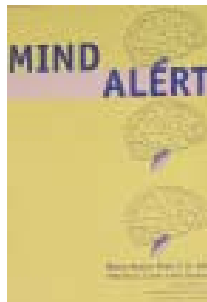
If there comes a time in your life that lung cancer strikes, this report is a highly recommended read. Starting with a list of questions a patient should ask to the types and accepted approaches of treatment, this report includes several easy to read charts making it user friendly.



Title: Meals in Minutes Cookbook
Author: American Heart Association
Publisher: American Heart Association
Category: Health and Wellness
of pages: 321

Thumbnail Summary:

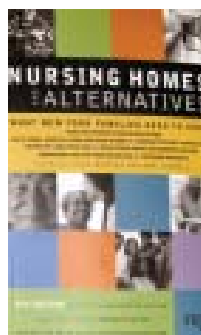
All these heart-healthy recipes can be made in less than 25 minutes! For those people who are concerned with reducing saturated fats and cholesterol in their diets, this cookbook could be invaluable.



Title: Mind Alert: Brain Health from 1 to 100
Author: Paul Nussbaum
Publisher: ASA and Met Life Foundation
Category: Health and Wellness
of pages: 20

Thumbnail Summary:

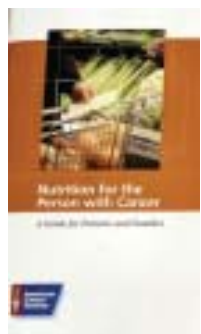
In a 2002 lecture, Paul Nussbaum described his research and feelings on maintaining a healthy brain. Nussbaum includes 10 interesting tips for maintaining a healthy brain from 1 to 100. In a mix of clever analogies and technical data, he promotes the idea that a healthy brain is a brain well used.



Title: Nursing Homes and Alternatives: What New York Families Need to Know
Author: Jean Murphy and Amy Carroll
Publisher: Friends and Relatives of Institutionalized Aged
Category: Health and Wellness
of pages: 434

Thumbnail Summary:

This book gives the specifics on what New York law and regulations require and how New York determines Medicaid eligibility. Some of the topics covered include: how local rules differ and how to find out what the laws are, how to make extended care choices, how to work with long term care professionals, plan for care, monitor care, and learn how to be an effective advocate and family caregiver. This guide provides a comprehensive coverage of a wide variety of issues.



Title: Nutrition for the Person with Cancer: A Guide for Patients and Family
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 79

Thumbnail Summary:

This guide for cancer patients and caregivers discusses the kinds of foods to eat before, during, and after cancer treatment. This publication includes helpful ideas for meeting nutritional needs and coping with treatment side effects that can affect a patient's ability to eat and nourish oneself. Recommendations are offered on a variety of topics, including what to eat when your white blood cell count is low and when you have trouble swallowing.



Title: Osteoarthritis
Author: National Institutes of Health
Publication
Publisher: National Institute of Arthritis
Category: Health and Wellness
of pages: 35

Thumbnail Summary:

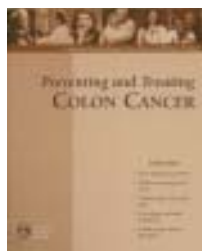
This is a very straight forward booklet for people who have osteoarthritis, their families, and others interested in learning more about the disorder. Answers are provided for basic and easy questions, such as what is osteoarthritis? how does it affect people? and what are the warning signs? A useful and informative resource.



Title: Ovarian Cancer: Treatment Guidelines
for Patients
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 51

Thumbnail Summary:

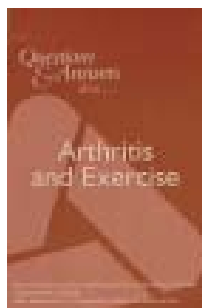
Easy to follow, yet comprehensive, guidelines to help a cancer patient better understand their cancer treatment and to informatively discuss their condition and treatment plan with their oncologist. Includes a helpful guide for caregivers to better understand their loved one's ordeal.



Title: Colon Cancer: A Special Health Report from Harvard Medical School on Preventing and Treating Colon Cancer
Author: Matthew Kulke, M.D.
Publisher: Harvard Medical School
Category: Health and Wellness
of pages: 40

Thumbnail Summary:

This report outlines how to prevent and treat colon cancer. It provides a first hand account of a colonoscopy. There are helpful diagrams fully portraying the different effects that colon cancer has on the body. This report is helpful to anyone who has been diagnosed or wants to learn more about colon cancer.



Title: Questions and Answers about Arthritis and Exercise
Author: National Institute of Arthritis and Musculoskeletal and Skin Diseases
Publisher: National Institute of Arthritis and Musculoskeletal and Skin Disease
Category: Health and Wellness
of pages: 18

Thumbnail Summary:

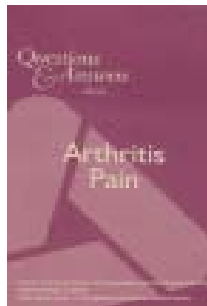
This book answers general questions about arthritis and exercise. A clear and simplistic overview of the terminology and options relating to most general questions about arthritis and the benefits of various simple exercises is provided. The author recommends setting up an exact regimen in consultation with a doctor/medical professional.



Title: Questions and Answers about Arthritis and Rheumatic Diseases
Author: National Institute of Arthritis and Musculoskeletal and Skin Diseases
Publisher: National Institute of Arthritis and Musculoskeletal and Skin Diseases
Category: Health and Wellness
of pages: 34

Thumbnail Summary:

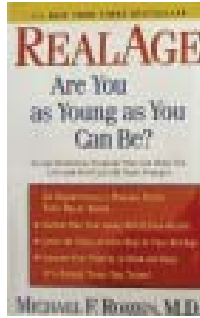
An excellent resource for everyone, young and old. This publication furnishes readers with detailed examples of rheumatic diseases, their symptoms and how they affect the body. This booklet also provides helpful information regarding treatment options.



Title: Questions and Answers about Arthritis Pain
Author: National Institute of Arthritis and Musculoskeletal and Skin Disease
Publisher: National Institute of Arthritis and Musculoskeletal and Skin Disease
Category: Health and Wellness
of pages: 18

Thumbnail Summary:

This is an informative booklet ranging from what arthritis is to alternative therapies that may relieve the pain. It even breaks down and describes what arthritis is in layman terms. This booklet is easy to understand and very comprehensive. The booklet can be found on the National Institute of Arthritis and Musculoskeletal and Skin Disease website at www.nih.gov/niams/healthinfo.



Title: Real Age: Are You as Young as You Can Be?

Author: Michael F. Roizen, M.D.

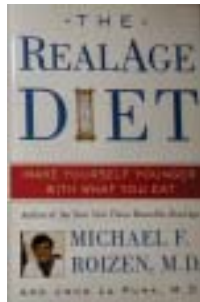
Publisher: Cliff Street Books

Category: Health and Wellness

of pages: 335

Thumbnail Summary:

For everyone who wants to remain healthy and active in retirement, Dr. Roizen’s systematic strategy can help all achieve that goal. Putting into action the recommendations in “Real Age” will pay a lifetime of dividends.



Title: The Real Age Diet: Make Yourself Younger with What You Eat

Author: Michael F. Roizen, M.D.

Publisher: Harper Collins

Category: Health and Wellness

of pages: 366

Thumbnail Summary:

This book is based on the premise that you can slow, even reverse, the aging process by careful attention to your diet. It offers sensible and realistic tips to maintain your optimum weight and optimum well-being.



Title: Safe Therapeutic Exercise for the Frail Elderly, Second Edition
Author: Olga Hurley, R.P.T.
Publisher: Center for the Study of Aging, Inc.
Category: Health and Wellness
of pages: 159

Thumbnail Summary:

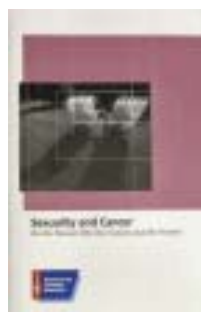
This is a fairly specialized manual for the physical therapist in an institutional setting. This book provides a plethora of exercises from individual exercises to group physical activities for the elderly. This guide even includes suggestions as to what music should accompany the different exercises.



Title: The Savvy Patient: The Ultimate Advocate for Quality Health Care
Author: Mark Pettus, M.D.
Publisher: Capital Books
Category: Health and Wellness
of pages: 317

Thumbnail Summary:

Written by a doctor, this book presents an “insiders” resource to navigating an increasingly more complex health care system. It would be invaluable to anyone who is faced with difficult health-related decisions such as surgery, the emergency room, or nursing home.



Title: Sexuality and Cancer: For the Woman who has Cancer and Her Partner
Author: American Cancer Society
Publisher: American Cancer Society
Category: Health and Wellness
of pages: 74

Thumbnail Summary:

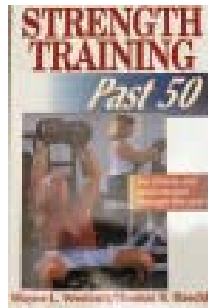
This is a daunting pamphlet with 70 topics covered under 10 headings using technical language. There is a lot of information answering common questions about cancer and its impact on one's sexuality.



Title: Smart Seniors
Author: Office of the Attorney General of the State of New York
Publisher: Office of the Attorney General of the State of New York
Category: Health and Wellness
of pages: 44

Thumbnail Summary:

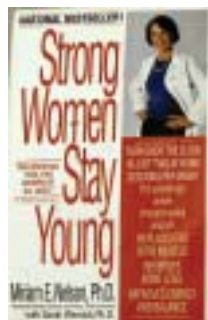
Seniors are the target of many scams that have devastating financial and emotional effects. This booklet provides comprehensive information on types of scams, how to deal with situations, and lays out steps to take to protect one's health and assets from fraudulent situations.



Title: Strength Training Past 50: For Fitness and Performance Through the Years
Author: Wayne L. Westcott and Thomas R. Baechle
Publisher: Human Kinetics
Category: Health and Wellness
of pages: 231

Thumbnail Summary:

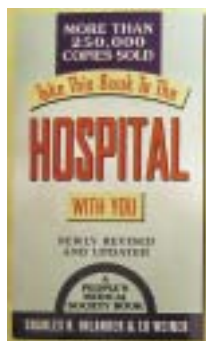
This fitness manual targets how anyone over 50 can gain muscle strength by safely measuring their current muscle strength, developing a strength program, and learning correct technique. Photographs show individual exercises using free weights and machines. Highly recommended for anyone who wants to start a strength conditioning program and has little understanding of physiology and mechanics of strength training.



Title: Strong Women Stay Young
Author: Miriam E. Nelson, Ph.D.
Publisher: Bantam Books
Category: Health and Wellness
of pages: 271

Thumbnail Summary:

“After one year of strength training, their bodies were fifteen to twenty years more youthful,” according to a study done by Dr. Nelson. Filled with comments by women from their 30s to their 80s, *Strong Women Stay Young* shows the benefits of exercise at home or in the gym. The exercises contained in this book are easy to understand for women at all fitness levels.



Title: Take This Book to the Hospital With You
Author: Charles B. Inlander and Ed Weiner
Publisher: Saint Martin's Paperbacks
Category: Health and Wellness
of pages: 269

Thumbnail Summary:

A highly user-friendly consumer advocacy guide to protecting and promoting one's best interest regarding a hospital stay. Presented as a tongue-in-cheek travel guide, likening a hospital stay as a trip to a foreign country, this book invokes wit, humor, and satire while providing a great deal of very practical consumer tips. Highly recommended for anyone anticipating a hospital stay of any length.



Title: Who? Me?! Exercise? Safe Exercise for People Over 50
Author: Sara Harris and Olga Hurley
Publisher: Center for the Study of Aging, Inc.
Category: Health and Wellness
of pages: 42

Thumbnail Summary:

In an engaging and simple way, this book stresses that it is never too late to improve one's health. It is meant for both men and women who want to do something about regaining some of the vigor of younger years. Outlines how to start an exercise program, what the session should include as well as safety issues. Helpful illustrations are included.



Title: Women with Medicare: Visiting your Doctor for a Pap Test, Pelvic Exam, and Clinical Breast Exam

Author: Center for Medicare and Medicaid Services

Publisher: Center for Medicare and Medicaid Services

Category: Health and Fitness

of pages: 13

Thumbnail Summary:

This booklet is very well organized, has comprehensive examples, and large print. There is a section where a woman can keep a record of her medical exams within the booklet. A website is provided to make ordering additional publications easier.



Title: You Can Do Much More For Your Body

Author: Ed Perazone

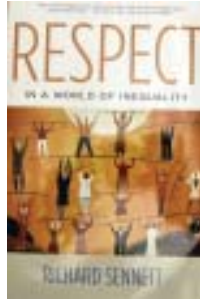
Publisher: Wellspring Media

Category: Health and Fitness

of pages: 48 min. Video

Thumbnail Summary:

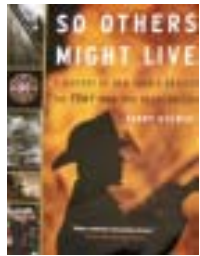
This video is very helpful for seniors who want to stay in shape as they age. The tape focuses on a safe workout, from warming up to maintaining a healthy heart rate. The information and techniques are easy to understand and there is an exercise booklet included with the video.



Title: Respect in a World of Inequality
Author: Richard Sennett
Publisher: W. W. Norton Company
Category: Lifestyle
of pages: 263

Thumbnail Summary:

The author combines memoir and scholarship to write a sociological text which takes the welfare state as its point of departure. A challenging read that asks the reflective reader to consider the question: What is a humane society? This book is helpful in understanding the relationship between respect and inequality through a memoir.



Title: So that Others Might Live: A History of New York's Bravest
Author: Terry Golway
Publisher: Basic Books
Category: Lifestyle
of pages: 345

Thumbnail Summary:

This is a narrative that describes the sacrifices that members of the New York City Fire Department (FDNY) had to overcome throughout the years. It is probably most interesting to readers of local history rather than a general retiree readership, but it is an easy read that is broken up into 13 chapters.



Title: Staying Alive: Real Poems for Unreal Times

Author: Neil Astley, E.D.

Publisher: Miramax Books

Category: Lifestyle

of pages: 456

Thumbnail Summary:

An exceptional anthology of mostly 20th century poetry offering “real poems for unreal times.” To readers of poetry, it will provide guaranteed pleasure; to those who are not in the habit of reading poetry, it will provide a wonderful opportunity to begin.



Title: To the Last Breath: Rose Kryzak and the Senior Action Movement

Author: Michael Burgess

Publisher: New York Statewide Senior Action Council

Category: Lifestyle

of pages: 186

Thumbnail Summary:

This well written book gives a history of the senior action movement. Anyone interested in taking action to support the senior action movement might be inspired to become an even more active supporter/activist.



Title: Too Young To Retire: 101 Ways to Start the Rest of Your Life

Author: Marika and Howard Stone

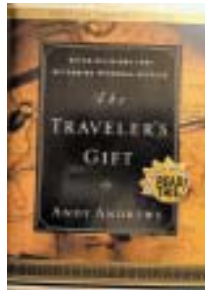
Publisher: Plume, a member of Penguin Group (USA) Inc.

Category: Lifestyle

of pages: 145

Thumbnail Summary:

An overview of the possibilities that retirement brings, this book is highly recommended for anyone who may be apprehensive about retiring. The book includes an extensive list of resources to serve as “trail guides” on the journey called “retirement.”



Title: The Traveler’s Gift: Seven Decisions that Determine Personal Success

Author: Andy Andrews

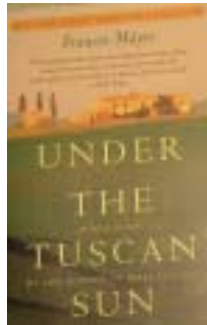
Publisher: Nelson Books

Category: Lifestyle

of pages: 206

Thumbnail Summary:

An inspiration parable that gives the reader a behind the scenes view of seven famous historical figures as they face challenges and make pivotal changes that change the course of history. This novel emphasizes the enormous significance of positive thinking. Although the author identifies his seven decisions for success, readers should know that this is not the typical self-help manual.



Title: Under the Tuscan Sun
Author: Frances Mayes
Publisher: Broadway Books
Category: Travel
of pages: 291

Thumbnail Summary:

A delightful adventure of the author's purchase and restoration of a house in Tuscany. The book provides insights into the author's immersion into the Italian culture through hiring workers, the food and daily life in Tuscany. Highly recommended for anyone interested in a first person account of living in a small Tuscan community. A few recipes are also included.



Title: Discovering Retirement 2002-2003:
A Guide to Retirement for Members of
New York State Teachers' Retirement
System

Author: New York State Teachers'
Retirement System

Publisher: New York State Teachers'
Retirement System

Category: Lifestyle Design and
Enrichment

of pages: 36

Thumbnail Summary:

This booklet from New York State Teachers' Retirement System is a must read for anyone seriously considering retirement. It provides both general and specific information that is valuable to anyone preparing for retirement, such as information regarding taxes, how to fill out a W-4P, health insurance coverage, among other items of interest.



Title: Guiding Autobiography Groups for
Older Adults: Exploring the Fabric of Life

Author: James Birren and Donna
Deutchman

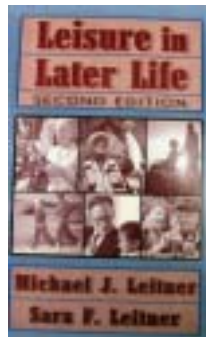
Publisher: Johns Hopkins University Press

Category: Lifestyle, Design, and
Enrichment

of pages: 131

Thumbnail Summary:

This book encourages the reader to become involved in creating an autobiography. This publication also gives the reasons why creating an autobiography is useful in mental health and social health.



Title: Leisure in Later Life, Second Edition
Author: Michael J. and Sara F. Leitner
Publisher: The Haworth Press, Inc.
Category: Lifestyle Design and Enrichment
of pages: 448

Thumbnail Summary:

This book is primarily a text for individuals who work with seniors or are interested in how to work with seniors. It is well researched and provides information on leading activities like exercise classes. This book provides information for seniors about counseling, intergenerational activities, intellectually stimulating activities and recreational programs.



Title: Living Independently in Your Later Years
Author: Francesca Coltrera
Publisher: Harvard Medical School
Category: Lifestyle Design and Enrichment
of pages: 43

Thumbnail Summary:

This is a special report that outlines the measures that will help anyone preserve their independence as they age. A practical guide to increasing the pleasures while avoiding the dilemmas of staying healthy and independent. This special report covers everything from financial planning to choosing the right cane.

Health Issues

Alzheimer's

AFAC (Alzheimer's Foundation of America)
322 8th Avenue, 6th Floor
New York, NY 10001
1-866-232-8484
www.alzfdn.org

Alzheimer's Association National Office
225 North Michigan Avenue, Floor 17
Chicago, IL, 60601
1-800-272-3900
www.alz.org

ADEAR (Alzheimers Disease Education and Referral Center)
P.O. Box 8250
Silver Spring, Maryland 20907
1-800-438-4380
www.alzheimers.org

Anxiety

ADAA (Anxiety Disorders Association of America)
8730 Georgia Avenue, Suite 600
Silver Spring, MD 20910
1-800-922-8947
www.adaa.org

NMHA (National Mental Health Association)
2001 North Beauregard Street, 12th Floor
Alexandria, VA 22311
1-800-969-6642
www.nmha.org

Arthritis

Arthritis Foundation (NY Chapter)
122 East 42nd Street
18th Floor
New York, NY 10168
1-800-568-4045
www.arthritis.org

National Institute of Arthritis and Musculoskeletal and Skin
Diseases (NIAMS)
Information Clearinghouse
National Institutes of Health
1 AMS Circle
Bethesda, MD 20892
1-877-22-NIAMS
www.niams.nih.gov

American Chronic Pain Association (ACPA)
P.O Box 850
Rocklin, CA 95677
1-800-533-3231
www.theacpa.org

Breast Cancer

American Cancer Society (ACS)
1-800-ACS-2345

American Institute for Cancer Research (AICR)
1759 R Street NW
Washington, D.C. 20009
1-800-843-8114
www.aicr.org

National Cancer Institute
1-800-4-CANCER
www.cancer.gov

Cardiac Health

National Heart, Lung, and Blood Institute (NHLBI)
Attn: Website
P.O. Box 30105
Bethesda, MD 20824
301-592-8573
www.nhlbi.org

Chronic Disease Prevention (CDC)
www.cdc.gov
(Internet only)

Colorectal Cancer

Cancer Research and Prevention Foundation (CRPF)
1600 Duke Street
Suite 500
Alexandria, VA 22314
1-800-227-2732
www.crfa.org

Colorectal Cancer Network (CCNetwork)
P.O. Box 182
Kensington, MD 20895
301-879-1500
www.colorectal-cancer.net

Depression

Depression and Bipolar Support Alliance (DBSA)
730 North Franklin Street, Suite 501
Chicago, IL 60610
1-800-826-3632
www.dbsalliance.org

National Alliance for the Mentally Ill (NAMI)
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201
1-800-950-NAMI
www.nami.org

Exercise

American Council on Exercise (ACE)
4851 Paramount Drive
San Diego, CA 92123
1-800-825-3636
www.acefitness.org

National Heart, Lung, and Blood Institute (NHLBI)
P.O. Box 30105
Bethesda, MD 20824
301-592-8573
www.nhlbi.org

Hearing

Better Hearing Institute (Suite 420)
515 King Street
Alexandria, VA 22314
1-800-EAR-WELL
www.betterhearing.org

American Association of the Deaf-Blind (AADB)
8630 Fenton St., Suite 121
Silver Spring, MD 20910
TTY: 301-495-4402
www.aadb.org

Alexander Graham Bell Association for the Deaf and Hard of
Hearing
3417 Volta Place, NW
Washington, D.C. 20007
1-866-337-5220
www.agbell.org

Memory/Sustaining Activities

National Mental Health Association (NMHA)
2001 North Beauregard St., 12th Floor
Alexandria, VA 22311
1-800-969-6642
www.nmha.org

Menopause

National Women's Health Information Center
8270 Willow Oaks Corporate Drive
Fairfax, VA 22031
1-800-994-9662
www.4women.gov

The Hormone Foundation
8401 Connecticut Avenue, Suite 900
Chevy Chase, MD 20815
1-800-HORMONE
www.hormone.org

The North American Menopause Society (NAMS)
P.O. Box 94527
Cleveland, OH 44101
1-800-774-5342
www.menopause.org

Mental Health

National Mental Health Association (NMHA)
2001 North Beauregard St., 12th Floor
Alexandria, VA 22311
1-800-969-6642
www.nmha.org

National Alliance for the Mentally Ill (NAMI)
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201
1-800-950-NAMI
www.nami.org

Nutrition

Food and Nutrition Information Center (FNIC)
Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Ave.
Beltsville, MD 20705
1-888-674-6854
www.nal.usda.gov/fnic/

Office of Dietary Supplements
National Institutes of Health
6100 Executive Blvd., Room 3B01, MSC 7517
Bethesda, MD 20892
301-435-2920
<http://ods.od.nih.gov>

U.S. Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857
1-888-463-6332
www.fda.gov

Osteoporosis

National Institute of Arthritis and Musculoskeletal and Skin
Diseases (NIAMS)
Information Clearinghouse
National Institutes of Health
1 AMS Circle
Bethesda, MD 20892
1-877-22-NIAMS
www.niams.nih.gov

National Institutes of Health-Osteoporosis and Related Bone
Diseases-National Resource Center
2 AMS Circle
Bethesda, MD 20892
1-800-624-BONE
www.osteoporosis.nih.gov

National Osteoporosis Foundation
1232 22nd Street., NW
Washington, D.C. 20037
1-800-231-4222
www.nof.org

Parkinson's

National Institute of Neurological Disorders and Stroke
NIH Neurological Institute
P.O. Box 5801
Bethesda, MD 20824
1-800-352-9424
www.ninds.nih.gov

National Parkinson Foundation, Inc.
1501 N.W. 9th Avenue/Bob Hope Rd.
Miami, FL 33136
1-800-327-4545
www.parkinson.org

The Parkinson's Disease Foundation
1359 Broadway, Suite 1509
New York, NY 10018
1-800-457-6676
www.pdf.org

Prescription Drugs

U.S. Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857
1-888-463-6332
www.fda.gov

Partnership for a Drug-Free America
405 Lexington Avenue, Suite 1601
New York, NY 10174
1-888-575-3115
www.drugfree.org
(Appropriate for teens/children drug abuse)

Prostate Cancer

American Cancer Society (ACS)
1-800-ACS-2345

National Cancer Institute
1-800-4-CANCER
www.cancer.gov

Prostate Cancer Foundation
1250 Fourth St.
Santa Monica, CA 90401
1-800-757-CURE
www.prostatecancerfoundation.org

Seasonal Health Tips

National Alliance for the Mentally Ill (NAMI)
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201
1-800-950-NAMI
www.nami.org

NMHA (National Mental Health Association)
2001 North Beauregard Street, 12th Floor
Alexandria, VA 22311
1-800-969-6642
www.nmha.org

Sleeping Issues

American Sleep Apnea Association
1424 K Street NW, Suite 302
Washington, D.C. 20005
202-293-3650
www.sleepapnea.org

National Sleep Foundation
202-347-3471
www.sleepfoundation.org

Stroke

American Heart Association
National Center
7272 Greenville Ave.
Dallas, TX 75231
1-800-AHA-USA-1
www.americanheart.org

American Stroke Association
National Center
7272 Greenville Ave.
Dallas, TX 75231
1-888-4-STROKE
www.strokeassociation.org

National Stroke Association
9707 E. Easter Lane
Englewood, CO 80112
1-800-STROKES
www.stroke.org

Vision

National Eye Institute
Information Office
31 Center Drive MSC 2510
Bethesda, MD 20892
1-800-411-1222
www.nei.nih.gov/

American Foundation for the Blind
11 Penn Plaza, Suite 300
New York, NY 10001
1-800-AFB-LINE
www.afb.org

The Foundation Fighting Blindness
11435 Cronhill Drive
Owings Mills, MD 21117
1-888-394-3937
www.blindness.org

Quality of Life Issues

Bereavement Issues

The Compassionate Friends, Inc.
P.O. Box 3696
Oak Brook, IL 60522
1-877-969-0010
www.compassionatefriends.org

Caregiving

Family Caregiver Alliance
180 Montgomery Street, Ste. 1100
San Francisco, CA 94104
1-800-445-8106
www.caregiver.org

National Family Caregivers Association
10400 Connecticut Ave., Suite 500
Kensington, MD 20895
1-800-896-3650
www.thefamilycaregiver.org

Driving Safety

National Transportation Safety Board
490 L'Enfant Plaza, SW
Washington, D.C. 20594
202-314-6000
www.nts.gov

National Safety Council
1121 Spring Lake Dr.
Itasca, IL 60143
1-800-621-7619
www.nsc.org

National Highway Traffic Safety Administration (NHTSA)
400 Seventh St., SW
Washington, D.C. 20590
1-888-327-4236
www.nhtsa.gov

Fitness

American Council on Exercise (ACE)
4851 Paramount Drive
San Diego, CA 92123
1-800-825-3636
www.acefitness.org

National Heart, Lung, and Blood Institute (NHLBI)
P.O. Box 30105
Bethesda, MD 20824
301-592-8573
www.nhlbi.org

Gay Issues

Gay and Lesbian Medical Association (GLMA)
459 Fulton St., Suite 107
San Francisco, CA 94102
1-888-843-4564
www.glma.org

Medicare

Centers for Medicare and Medicaid Services
7500 Security Blvd.
Baltimore, MD 21244
1-877-267-2323
www.cms.hhs.gov/

Families USA
1201 New York Ave., Suite 1100
Washington, D.C. 20005
202-628-3030
<http://fusa.convio.net>

Medicare
7500 Security Blvd.
Baltimore, MD 21244
1-877-267-2323
www.medicare.gov

Medicare Rights Center
1460 Broadway, 17th Floor
New York, NY 10036
(212) 869-3532
www.medicarerights.org

Mental Health

National Mental Health Association (NMHA)
2001 North Beauregard St., 12th Floor
Alexandria, VA 22311
1-800-969-6642
www.nmha.org

National Alliance for the Mentally Ill (NAMI)
Colonial Place Three
2107 Wilson Blvd., Suite 300
Arlington, VA 22201
1-800-950-NAMI
www.nami.org

Retirement Living

Guide to Retirement Living
1919 Gallows Rd., Second Floor
Vienna, VA 22182
1-800-394-9990
www.retirement-living.com

Retirement Net
www.retirenet.com
(Internet only)

Retirement Living Information Center, Inc.
19 Ledgewood Rd.
Redding, CT 06896
203-938-0417
www.retirementliving.com

Sex After 60

National Institute of Aging
Building 31, Room 5C27
31 Center Drive, MSC 2292
Bethesda, MD 20892
301-496-1752
TTY: 1-800-222-4225
www.nia.nih.gov/

Social Security

Social Security Administration
Office of Public Inquiries
Windsor Park Building
6401 Security Blvd.
Baltimore, MD 21235
1-800-772-1213
www.ssa.gov

Suggestions for Future Editions

If you are aware of any other organizations, resources, or websites that might be useful to retirees for NYSUT to consider for future publications, please complete and return the form below. A copy of the evaluation form used by the review committee has been included on the reverse side of this form, should you wish to offer additional feedback.

Publication:

Title: _____

Author: _____

Publisher: _____

Copyright Date: _____ Number of pages: _____

Website:

Organization: _____

Address: _____

Telephone Number: _____

Website: _____

Return to:

NYSUT Retiree Services
800 Troy-Schenectady Road
Latham, NY 12110

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