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

#### AGING ISSUES

<table>
<thead>
<tr>
<th>STATE</th>
<th>INSTITUTION/ AGENCY</th>
<th>PROGRAM INFORMATION</th>
<th>CONTACT</th>
</tr>
</thead>
</table>
| 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.edu/grandparents/](http://www.ag.arizona.edu/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.  
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 |
<table>
<thead>
<tr>
<th>State</th>
<th>Institution</th>
<th>Project Description</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| 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: mblackburn@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**  
[Link](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 |
<table>
<thead>
<tr>
<th>Location</th>
<th>Institution</th>
<th>Project/Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>COLORADO</td>
<td>Colorado State University</td>
<td>Housing Modification and Adaptation</td>
<td><a href="http://www.ext.colostate.edu/pubs/columnha/hagold.html">http://www.ext.colostate.edu/pubs/columnha/hagold.html</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td>A learning kit with teaching materials and examples of simple home modification and assistive devices that allow elderly to remain independent in their homes.</td>
<td>Phone: (970) 542-3544 Fax: (970) 542-3541 Email: <a href="mailto:luann.boyer@colostate.edu">luann.boyer@colostate.edu</a></td>
</tr>
<tr>
<td>COLORADO</td>
<td>Colorado State University</td>
<td>A Delicate Balance</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>A video and learning packet addressing caregiving issues and helping families with decision-making processes about care choices for the elderly.</td>
<td></td>
</tr>
<tr>
<td>COLORADO</td>
<td>Colorado State University</td>
<td>Walking In Old Moccasins</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>A sensory workshop that lets participants experience changes of aging and address what can be done to maintain quality of life.</td>
<td></td>
</tr>
<tr>
<td>CONNECTICUT</td>
<td>University of Connecticut</td>
<td>Senior Nutrition Awareness Project</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>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. <a href="http://www.canr.uconn.edu/nusci/outrch/snap/snap.html">http://www.canr.uconn.edu/nusci/outrch/snap/snap.html</a></td>
<td>Doris Little</td>
</tr>
<tr>
<td>DISTRICT OF COLUMBIA</td>
<td>University of District of Columbia</td>
<td>Food Safety Support for the Elderly</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>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.</td>
<td>Lilly Monroe-Lord</td>
</tr>
<tr>
<td>DISTRICT OF COLUMBIA</td>
<td>United States Department of Agriculture (USDA), Cooperative</td>
<td>Financial Security In Later Life</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>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</td>
<td>Cooperative State Research, Education, and Extension Service Waterfront Centre 800 9th St. SW Washington, DC 20024</td>
</tr>
<tr>
<td>--------</td>
<td>--------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
</tbody>
</table>
| 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](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_caring.html](http://www.csrees.usda.gov/nea/family/in_focus/family_if_caring.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](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.  
| 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.  
<table>
<thead>
<tr>
<th>State</th>
<th>University/Program</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>HAWAI</td>
<td>University of Hawaii</td>
<td>Na Tutu&lt;br&gt;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.&lt;br&gt;Jacqueline T. Chong&lt;br&gt;Phone: (808) 239-8908&lt;br&gt;Email: <a href="mailto:Chongj001@hawaii.rr.com">Chongj001@hawaii.rr.com</a></td>
</tr>
<tr>
<td>IDAHO</td>
<td>Idaho Commission on Aging</td>
<td>The Idaho KinCare Coalition&lt;br&gt;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.&lt;br&gt;<a href="http://www.idahoaging.com/programs/ps_GAPkincare.htm">http://www.idahoaging.com/programs/ps_GAPkincare.htm</a>&lt;br&gt;Tina Rice&lt;br&gt;Senior Services Program Specialist&lt;br&gt;Idaho Commission on Aging&lt;br&gt;P.O. Box 83720&lt;br&gt;Boise, ID 83720&lt;br&gt;Phone: (208) 334-3833&lt;br&gt;ext: 235&lt;br&gt;Fax: (208) 334-3033&lt;br&gt;Email: <a href="mailto:trice@icoa.state.id.us">trice@icoa.state.id.us</a></td>
</tr>
<tr>
<td>IDAHO</td>
<td>University of Idaho Boise</td>
<td>Grandparent's Raising Our Children's Children&lt;br&gt;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&lt;br&gt;Order# 1188&lt;br&gt;Price: $5.00&lt;br&gt;<a href="http://info.ag.uidaho.edu/catalog/catalog.html">http://info.ag.uidaho.edu/catalog/catalog.html</a>&lt;br&gt;Harriet Shaklee&lt;br&gt;Extension Family Development Specialist&lt;br&gt;University of Idaho Boise&lt;br&gt;322 E Front Street, Suite 180&lt;br&gt;Boise, ID 83702&lt;br&gt;Phone: (208) 364-4016&lt;br&gt;Fax: (208) 364-4035&lt;br&gt;Email: <a href="mailto:hshaklee@uidaho.edu">hshaklee@uidaho.edu</a></td>
</tr>
<tr>
<td>IDAHO</td>
<td>University of Idaho Boise</td>
<td>Last Wishes&lt;br&gt;Discusses subjects such as: sustaining life, improved care, and making one's wishes known.&lt;br&gt;<a href="http://ohioline.osu.edu/flm01/FS26.html">http://ohioline.osu.edu/flm01/FS26.html</a>&lt;br&gt;Shelley Johnson&lt;br&gt;FCS Extension Educator, District 1 ENP Administrator&lt;br&gt;University of Idaho Extension Harbor Center&lt;br&gt;1000 W. Hubbard Street,</td>
</tr>
</tbody>
</table>
| University of Idaho Extension | Grandparents Raising Grandchildren Resource and Information Series | Suite 140  
Coeur d’Alene, ID 83814  
Phone: (208) 446-1680  
Fax: (208) 446-1690  
Email: sjohnson@uidaho.edu |
|-----------------------------|--------------------------------------------------------------------|------------------------------------------------------------------|
| IDAHO | • 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 | 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 |
| University of Idaho Extension | Grandparents Raising Grandchildren PowerPoint | 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 | 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 |  
|
| University of Illinois Extension | Elder Abuse and Neglect |  
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 | 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 |  
|
| University of Illinois Extension | Walk In My Shoes (A 4-H Aging Awareness Project) |  
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 |
<p>| ILLINOIS | 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 |<br />
|</p>
<table>
<thead>
<tr>
<th>State</th>
<th>Extension</th>
<th>Description</th>
<th>Contact Person</th>
<th>Address/Phone/Fax/Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>ILLINOIS</td>
<td>University of Illinois Extension</td>
<td>Parenting Again Newsletter focuses on grandparents raising their grandchildren. On this website are all the articles from the newsletter series.</td>
<td>Cammy Seguin</td>
<td>Champaign Extension Center 801 N. Country Fair Drive Suite E Champaign, IL 61821 Phone: (217) 333-4901 Fax: (217) 333-4943</td>
</tr>
<tr>
<td>ILLINOIS</td>
<td>University of Illinois</td>
<td>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</td>
<td>Karen Chapman-Novakofski</td>
<td>Assistant 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: <a href="mailto:KMC@uiuc.edu">KMC@uiuc.edu</a></td>
</tr>
<tr>
<td>INDIANA</td>
<td>Purdue University Extension</td>
<td>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.</td>
<td>Dreama (Dee) Love</td>
<td>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: <a href="mailto:loved@purdue.edu">loved@purdue.edu</a></td>
</tr>
<tr>
<td>INDIANA</td>
<td>Purdue University Extension</td>
<td>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</td>
<td>Dreama (Dee) Love</td>
<td>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: <a href="mailto:loved@purdue.edu">loved@purdue.edu</a></td>
</tr>
</tbody>
</table>
| **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](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.  
| **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.  
*Available for purchase*  
[http://www.uwex.edu/ces/flp/grandparent/aarp.pdf](http://www.uwex.edu/ces/flp/grandparent/aarp.pdf) |
| **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](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 |
<table>
<thead>
<tr>
<th>State</th>
<th>University/Extension</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| 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](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](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/](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.  
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 |
| **KANSAS** | **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.  
| **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](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*  
| **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 |
| **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.  
- 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 |

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
<table>
<thead>
<tr>
<th>STATE</th>
<th>PROGRAM/LEADERSHIP</th>
<th>DESCRIPTION</th>
<th>CONTACT INFORMATION</th>
</tr>
</thead>
</table>
| 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  
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                                        | 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 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.  
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 |
|           | Nellie Hedstrom  
Nutrition Specialist  
University of Maine  
Cooperative Extension  
300 Corbett Hall  
Orono, ME 04469  
Phone: (207) 581-3110  
Email: nellieh@umext.maine.edu                                                                                     |                                                                                                                                            |                                                                                                         |
### MAINE

**University of Maine**

**Caregiver Fact Sheets**
This series of 10 fact sheets provides information for elders and people who care for them.


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](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
<table>
<thead>
<tr>
<th>Institution</th>
<th>Resource Name</th>
<th>Description</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| 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. | 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 |
| 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. |                                                                                                           |
| 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. |                                                                                                           |
| 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. | 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 State University                     | Consumer Fraud and Older Mississippians | Focuses on ways that older consumers become victims of fraud and ways to avoid fraud.                                                                                                                       |                                                                                                           |
| 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.                                                      |                                                                                                           |
| 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.  
| 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. |
| MISSOURI | University of Missouri Extension | Gateway Grandparent/Kinship Network  
http://www.extension.missouri.edu/ecregion/grandparent/  
Contact Share DeCroix Bane for more information. |
| MISSOURI | University of Missouri Extension | 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. |
| MISSOURI | University of Missouri Extension | The Positive Power of Humor |
| 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. | 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 |
| 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](http://iml.umkc.edu/casww/sa/welcome.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 |
| 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/agingqa/agingstart.htm](http://missourifamilies.org/quick/agingqa/agingstart.htm) |  |
| 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](http://missourifamilies.org/features/agingarticles/agingfeature7.htm) |  |
| 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/fi5.htm](http://missourifamilies.org/features/nutritionarticles/fi5.htm) |  |
| 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.  
| University of Missouri Extension | **Aging Well**  
A list of the specific nutritional recommendations for those 65 and older. |  |
<table>
<thead>
<tr>
<th>Location</th>
<th>Institution</th>
<th>Description</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>MISSOURI</td>
<td>University of Missouri Extension</td>
<td>Dehydration in the Winter: Elderly at Risk</td>
<td><a href="http://missourifamilies.org/features/agingarticles/agingfeature5.htm">http://missourifamilies.org/features/agingarticles/agingfeature5.htm</a></td>
</tr>
<tr>
<td>MISSOURI</td>
<td>University of Missouri Extension</td>
<td>The Center on Aging Studies without Walls</td>
<td><a href="http://iml.umkc.edu/casww/tablecont.htm">http://iml.umkc.edu/casww/tablecont.htm</a></td>
</tr>
<tr>
<td>MISSOURI</td>
<td>University of Missouri Extension</td>
<td>Physical Activity and Older Adults</td>
<td><a href="http://www.missourifamilies.org/features/healtharticles/health5.htm">http://www.missourifamilies.org/features/healtharticles/health5.htm</a></td>
</tr>
<tr>
<td>MISSOURI</td>
<td>Lincoln University</td>
<td>Paula J. Carter Center for Minority Health and Aging</td>
<td><a href="http://www.luce.lincolnu.edu/PJCCMHA.HTM#mission">http://www.luce.lincolnu.edu/PJCCMHA.HTM#mission</a></td>
</tr>
<tr>
<td>MONTANA</td>
<td>Montana State University</td>
<td>Grandparents Raising Grandchildren</td>
<td><a href="http://www.montana.edu/wwwhd/grg/index.htm">http://www.montana.edu/wwwhd/grg/index.htm</a></td>
</tr>
<tr>
<td>State</td>
<td>Institution</td>
<td>Topic</td>
<td>Details</td>
</tr>
<tr>
<td>------------</td>
<td>--------------------------------</td>
<td>-----------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| 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. | 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. | 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 |
| 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. | 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. | 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. | Kathy Bosch  
  *Extension Specialist, Family Life Education, Assistant Professor, Family and Consumer Sciences*  
  Panhandle Research and Extension Center  
  4502 Avenue I |
<p>| NEBRASKA   | Panhandle Research and Extension Center | Common Stressors for Aging Adults                                                       |                                                                                      |                                                                                      |</p>
<table>
<thead>
<tr>
<th>Location</th>
<th>Institution</th>
<th>Description</th>
<th>Resource URL</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| NEBRASKA     | Panhandle Research and Extension     | 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](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     | 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](http://www.ianrpubs.unl.edu/sendIt/nf576.html) |                                                                         |
| NEBRASKA     | Panhandle Research and Extension     | 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](http://www.ianrpubs.unl.edu/sendIt/nf578.html) |                                                                         |
| NEBRASKA     | Panhandle Research and Extension     | 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](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/publications/CMPubs/CM0303.pdf)  
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](http://www.unce.unr.edu/publications/FS01/FS0126.pdf) |                                                                         |
<table>
<thead>
<tr>
<th>State</th>
<th>Institution</th>
<th>Topic</th>
<th>Description</th>
<th>Resource Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEVADA</td>
<td>University of Nevada</td>
<td>Active Aging</td>
<td>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.</td>
<td><a href="http://www.unce.unr.edu/publications/FS02/FS0206.pdf">http://www.unce.unr.edu/publications/FS02/FS0206.pdf</a></td>
</tr>
<tr>
<td>NEVADA</td>
<td>University of Nevada</td>
<td>Reduce Accidental Falls In Your Home</td>
<td>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.</td>
<td><a href="http://www.unce.unr.edu/publications/FS99/FS9947.pdf">http://www.unce.unr.edu/publications/FS99/FS9947.pdf</a></td>
</tr>
</tbody>
</table>
| 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 |
| 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 |
<p>| 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. | <a href="http://www.rce.rutgers.edu/health/strongbones.asp">http://www.rce.rutgers.edu/health/strongbones.asp</a> |</p>
<table>
<thead>
<tr>
<th>State</th>
<th>University</th>
<th>Description</th>
<th>Contact</th>
</tr>
</thead>
</table>
| 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 | 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 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 | Leslie Schultz  
Program Administrator  
(Cornell-Ithaca)  
Phone: (607) 255-4553  
Email: ls30@cornell.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 |
| 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 | 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 volunteering 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. |

| 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

| Linda Wagenet |
Senior Extension Associate  
Development Sociology  
Cornell University  
Phone: (607) 255-6518  
Email: Lpw2@cornell.edu |

| Josephine Swanson |
Assistant Dean for Extension & Outreach, Associate Director of Cooperative Extension  
Cornell University |
<table>
<thead>
<tr>
<th>NEW YORK</th>
<th>Cornell University</th>
<th>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. <a href="http://www.lifecourse.cornell.edu/archives/misc/retirement_study.pdf">http://www.lifecourse.cornell.edu/archives/misc/retirement_study.pdf</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>NEW YORK</td>
<td>Cornell University</td>
<td>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. <a href="http://www.lifecourse.cornell.edu/archives/misc/midcareer_2001.pdf">http://www.lifecourse.cornell.edu/archives/misc/midcareer_2001.pdf</a></td>
</tr>
<tr>
<td>NEW YORK</td>
<td>Cornell University</td>
<td>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.</td>
</tr>
<tr>
<td>NEW YORK</td>
<td>Cornell University</td>
<td>Pathways to Life Quality Contains research findings and highlights from a long-term study of residential change and adjustment in the later years. <a href="http://www.pathwayslifequality.org/">http://www.pathwayslifequality.org/</a></td>
</tr>
</tbody>
</table>
| 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 assistance. 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 186 Martha Van Rensselaer Hall Ithaca, NY 14853 Phone: (607) 255-2247 Fax: (607) 255-3794 Email: jas56@cornell.edu |
<table>
<thead>
<tr>
<th>State</th>
<th>University</th>
<th>Services/Program</th>
<th>Website/Contact Information</th>
</tr>
</thead>
</table>
| 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.  
Professor & Specialist, Nutrition  
North Carolina State University  
Box 7605  
Raleigh, NC 27695-7605  
Phone: (919) 515-9148  
Fax: (919) 5152786  
Email: Jackie_mcclelland@ncsu.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/ | 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 | 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.  
| 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  
| 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  
| 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  
| NORTH CAROLINA | North Carolina State University | The Balancing Act: Caregivers 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  
| 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  

Sarah Kirby  
Associate Professor,  
Housing Specialist  
North Carolina State University  
Dept. of Family and Consumer Sciences
<table>
<thead>
<tr>
<th>State</th>
<th>Institution</th>
<th>Title</th>
<th>Details</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td>NORTH CAROLINA</td>
<td>North Carolina State University</td>
<td>Life Cycle-Housing: Furnishing a User Friendly Home</td>
<td>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. <a href="http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-391.pdf">http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-391.pdf</a></td>
<td>Sarah Kirby, <a href="mailto:sarah_kirby@ncsu.edu">sarah_kirby@ncsu.edu</a></td>
</tr>
<tr>
<td>NORTH CAROLINA</td>
<td>North Carolina State University</td>
<td>Life Cycle-Housing: Removing Barriers in a Home</td>
<td>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. <a href="http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-392.pdf">http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-392.pdf</a></td>
<td></td>
</tr>
<tr>
<td>NORTH CAROLINA</td>
<td>North Carolina State University</td>
<td>A Housing Safety Checklist for Older People</td>
<td>A series of check-lists to use throughout your home to make it a safer and more comfortable place to live. <a href="http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-461.pdf">http://www.ces.ncsu.edu/depts/fcs/housing/pubs/FCS-461.pdf</a></td>
<td></td>
</tr>
<tr>
<td>NORTH CAROLINA</td>
<td>North Carolina State University</td>
<td>Intergenerational Intrigue</td>
<td>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. <a href="http://www.nncc.org/ComDev/dc34_intergeneration.html">http://www.nncc.org/ComDev/dc34_intergeneration.html</a></td>
<td>Karen DeBord, <a href="mailto:karen_debord@ncsu.edu">karen_debord@ncsu.edu</a></td>
</tr>
<tr>
<td>NORTH DAKOTA</td>
<td>North Dakota State University</td>
<td>More Than Cookies and Milk</td>
<td>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. <a href="http://www.ext.nodak.edu/extpubs/ytfamsci/fs547w.htm">http://www.ext.nodak.edu/extpubs/ytfamsci/fs547w.htm</a></td>
<td>Sean Brotherson, <a href="mailto:sbrother@ndsuext.nodak.edu">sbrother@ndsuext.nodak.edu</a></td>
</tr>
<tr>
<td>NORTH DAKOTA</td>
<td>North Dakota State University</td>
<td>The Influence of Grandparents and Step-Grandparents on Grandchildren</td>
<td>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. <a href="http://www.ext.nodak.edu/extpubs/ytfamsci/fs548w.htm">http://www.ext.nodak.edu/extpubs/ytfamsci/fs548w.htm</a></td>
<td></td>
</tr>
<tr>
<td>NORTH DAKOTA</td>
<td>North Dakota</td>
<td>You and the Law in North Dakota: The Rights of</td>
<td></td>
<td></td>
</tr>
<tr>
<td>State University</td>
<td>Topic</td>
<td>Description</td>
<td>Link</td>
<td></td>
</tr>
<tr>
<td>------------------</td>
<td>-------</td>
<td>-------------</td>
<td>------</td>
<td></td>
</tr>
<tr>
<td>NORTH DAKOTA</td>
<td>Grandparents and Step-Grandparents</td>
<td>A publication that answers a number of common questions concerning the rights of grandparents based on the North Dakota law.</td>
<td><a href="http://www.ext.nodak.edu/extpubs/yf/famsci/fs549w.htm">http://www.ext.nodak.edu/extpubs/yf/famsci/fs549w.htm</a></td>
<td></td>
</tr>
<tr>
<td>NORTH DAKOTA</td>
<td>When Grandparents Become Parents to Their Grandchildren</td>
<td>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.</td>
<td><a href="http://www.ext.nodak.edu/extpubs/yf/famsci/fs561w.htm">http://www.ext.nodak.edu/extpubs/yf/famsci/fs561w.htm</a></td>
<td></td>
</tr>
<tr>
<td>NORTH DAKOTA</td>
<td>Focus on the Little Things: Grandparent-Grandchildren Relationships</td>
<td>Focuses on the importance of quality time between grandparents and grandchildren by making memories and taking time to be together whether near or far.</td>
<td><a href="http://www.ext.nodak.edu/extpubs/yf/famsci/fs562w.htm">http://www.ext.nodak.edu/extpubs/yf/famsci/fs562w.htm</a></td>
<td></td>
</tr>
<tr>
<td>OHIO</td>
<td>Elder Abuse</td>
<td>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.</td>
<td><a href="http://ohioline.osu.edu/hyg-fact/5000/5308.html">http://ohioline.osu.edu/hyg-fact/5000/5308.html</a></td>
<td></td>
</tr>
<tr>
<td>OHIO</td>
<td>Caring For The Terminally Ill</td>
<td>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.</td>
<td><a href="http://ohioline.osu.edu/hyg-fact/5000/5315.html">http://ohioline.osu.edu/hyg-fact/5000/5315.html</a></td>
<td></td>
</tr>
<tr>
<td>OHIO</td>
<td>Biotechnology And The Food You Eat</td>
<td>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.</td>
<td><a href="http://ohioline.osu.edu/ss-fact/0177.html">http://ohioline.osu.edu/ss-fact/0177.html</a></td>
<td></td>
</tr>
<tr>
<td>OHIO</td>
<td>Gardening With Seniors</td>
<td>Focuses on gardening for older adults.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>OHIO</td>
<td>Ohio State University</td>
<td>Information, ideas, or tips on the positive effects of gardening for seniors. <a href="http://ohioline.osu.edu/ss-fact/0178.html">http://ohioline.osu.edu/ss-fact/0178.html</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>-----------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 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](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](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](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](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](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](http://www.hec.ohio-state.edu/famlife/aging/hotline.htm) |
<p>| OHIO | Ohio State University | Life Planning: It Begins with Communication |</p>
<table>
<thead>
<tr>
<th>University</th>
<th>OHIO</th>
<th>Ohio State University</th>
<th>A comprehensive curriculum designed to address communication about end-of-life issues and tools needed to make important later life decisions.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Universal Design: Housing Solutions for All Ages and Abilities</td>
<td>Ohio State University</td>
<td>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. <a href="http://hec.osu.edu/ud/">http://hec.osu.edu/ud/</a></td>
</tr>
<tr>
<td></td>
<td>Estate Planning Considerations for Ohio Families</td>
<td>Ohio State University</td>
<td>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. <a href="http://ohioline.osu.edu/estate/index.html">http://ohioline.osu.edu/estate/index.html</a></td>
</tr>
<tr>
<td></td>
<td>“Honey, I’m Home!” – For Good: The Transition to Retirement</td>
<td>Ohio State University</td>
<td>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. <a href="http://ohioline.osu.edu/hyg-fact/5000/5159.html">http://ohioline.osu.edu/hyg-fact/5000/5159.html</a></td>
</tr>
<tr>
<td></td>
<td>Living with Limitations: Arthritis and Flexibility</td>
<td>Ohio State University</td>
<td>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. <a href="http://ohioline.osu.edu/hyg-fact/5000/5273.html">http://ohioline.osu.edu/hyg-fact/5000/5273.html</a></td>
</tr>
<tr>
<td></td>
<td>Living with Limitations: Endurance and Low Energy</td>
<td>Ohio State University</td>
<td>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. <a href="http://ohioline.osu.edu/hyg-fact/5000/5274.html">http://ohioline.osu.edu/hyg-fact/5000/5274.html</a></td>
</tr>
<tr>
<td></td>
<td>Living with Limitations: Eyesight</td>
<td>Ohio State University</td>
<td>An article specifically for the elderly who are blind or have limited or failing eyesight which helps them understand that</td>
</tr>
<tr>
<td>State</td>
<td>Institution</td>
<td>Title</td>
<td>Description</td>
</tr>
<tr>
<td>-------------</td>
<td>------------------------------</td>
<td>-----------------------------------------------------</td>
<td>-------------</td>
</tr>
<tr>
<td>OHIO</td>
<td>Ohio State University</td>
<td>Living with Limitations:  Mobility</td>
<td>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. <a href="http://ohioline.osu.edu/hyg-fact/5000/5276.html">Link</a></td>
</tr>
<tr>
<td>OHIO</td>
<td>Ohio State University</td>
<td>Last Wishes</td>
<td>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. <a href="http://ohioline.osu.edu/flm01/FS26.html">Link</a></td>
</tr>
<tr>
<td>OHIO</td>
<td>Ohio State University</td>
<td>Benefits Of Grand-parenting</td>
<td>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. <a href="http://ohioline.osu.edu/hyg-fact/5000/5313.html">Link</a></td>
</tr>
<tr>
<td>OHIO</td>
<td>Ohio State University</td>
<td>Grandparents Raising Their Grandchildren</td>
<td>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. <a href="http://ohioline.osu.edu/flm01/FS25.html">Link</a></td>
</tr>
<tr>
<td>OHIO</td>
<td>Ohio State University</td>
<td>Sixty-Second Stress Busters</td>
<td>Lists symptoms associated with stress and some quick relaxation exercises one can do to relieve their stress. <a href="http://ohioline.osu.edu/flm01/FS19.html">Link</a></td>
</tr>
<tr>
<td>OHIO</td>
<td>Ohio State University</td>
<td>In Praise of Older Persons</td>
<td>An article discussing the importance of an older parent's role. <a href="http://ohioline.osu.edu/hyg-fact/5000/5306.html">Link</a></td>
</tr>
</tbody>
</table>
| 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, [Link](http://ohioline.osu.edu/hyg-fact/5000/5306.html) | Jeri Robertson  
Senior Secretary, Cooperative Extension Service  
Oklahoma State University |
| 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-2140web.pdf](http://osuextra.okstate.edu/pdfs/T-2140web.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.  
| 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](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.  
| 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.  
| OREGON | Oregon State University | Grandparenting Today  
Gives a summary discussion of the expanding role of grandparents as well as step-grandparenting.  
| 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 |
<table>
<thead>
<tr>
<th>OREGON</th>
<th>Oregon State University</th>
<th>Table 1: Youth Development Program</th>
<th>Program Title</th>
<th>Description</th>
<th>Additional Details</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Depression In Later Life: Turning Sadness Around</td>
<td>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.</td>
<td><a href="http://extension.oregonstate.edu/fcd/aging/conted.php">http://extension.oregonstate.edu/fcd/aging/conted.php</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sex and Aging: A Game of Awareness and Interaction</td>
<td>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.</td>
<td><a href="http://extension.oregonstate.edu/fcd/aging/extpubs.php">http://extension.oregonstate.edu/fcd/aging/extpubs.php</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>When Dependency Increases Series</td>
<td>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</td>
<td></td>
</tr>
<tr>
<td>Location</td>
<td>University</td>
<td>Title</td>
<td>Description</td>
<td>Price</td>
<td>URL</td>
</tr>
<tr>
<td>----------</td>
<td>---------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------</td>
<td>----------------------------------------------------------------------</td>
</tr>
<tr>
<td>OREGON</td>
<td>Oregon State University</td>
<td>Aging Parents: Helping When Health Fails</td>
<td>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.</td>
<td>$2.50</td>
<td><a href="http://extension.oregonstate.edu/catalog/html/pnw/pnw246/">http://extension.oregonstate.edu/catalog/html/pnw/pnw246/</a></td>
</tr>
<tr>
<td>OREGON</td>
<td>Oregon State University</td>
<td>Coping with Caregiving: How to Manage Stress When Caring for Elderly Relatives</td>
<td>A guide for helping caregivers to maintain their own well-being while providing care to others. Discusses sources of caregiving stress, warning signals, and ways to manage stress.</td>
<td>$2.00</td>
<td><a href="http://extension.oregonstate.edu/catalog/pdf/pnw/pnw315.pdf">http://extension.oregonstate.edu/catalog/pdf/pnw/pnw315.pdf</a></td>
</tr>
<tr>
<td>OREGON</td>
<td>Oregon State University</td>
<td>Coping With Your Loss And Grief</td>
<td>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.</td>
<td>$1.00</td>
<td><a href="http://extension.oregonstate.edu/catalog/html/pnw/pnw438/">http://extension.oregonstate.edu/catalog/html/pnw/pnw438/</a></td>
</tr>
<tr>
<td>OREGON</td>
<td>Oregon State University</td>
<td>Depression In Later Life: Recognition And Treatment</td>
<td>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.</td>
<td>$2.50</td>
<td><a href="http://extension.oregonstate.edu/catalog/pdf/pnw/pnw347.pdf">http://extension.oregonstate.edu/catalog/pdf/pnw/pnw347.pdf</a></td>
</tr>
</tbody>
</table>

The workshop is sold as a complete package (includes the videotape). $300.00 [http://extension.oregonstate.edu/fcd/aging/extpubs.php](http://extension.oregonstate.edu/fcd/aging/extpubs.php)
| Oregon State University | Driving Decisions In Later Life  
Discussion of 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 State University | Helping Memory-Impaired Elders: A Guide For Caregivers  
Discussion of 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  
| 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 conservatorship.  
$.50  
http://extension.oregonstate.edu/catalog/pdf/pnw/pnw344.pdf |
| 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 State University | Living Arrangements In Later Life  
Discussion of 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 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](http://extension.oregonstate.edu/catalog/pdf/pnw/pnw439.pdf) |
|———|———|
| 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](http://extension.oregonstate.edu/catalog/pdf/pnw/pnw563.pdf) |
| 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/](http://extension.oregonstate.edu/catalog/html/fs/fs327/) |
| 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/](http://extension.oregonstate.edu/catalog/html/pnw/pnw408/) |
| 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/](http://extension.oregonstate.edu/catalog/html/pnw/pnw196/) |
<table>
<thead>
<tr>
<th>OREGON</th>
<th>Oregon State University</th>
<th>Talking To Your Family And Doctor About Difficult Health Care Decisions</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>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</td>
</tr>
<tr>
<td>OREGON</td>
<td>Oregon State University</td>
<td>Ties That Bind: Grandparenting Today</td>
</tr>
<tr>
<td></td>
<td></td>
<td>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 &quot;terrible twos,&quot; the cooperative and talkative 9-year-old, and the contrary teenage years. They are even &quot;middle aged.&quot; Some people in their 40s still have grandparents living. <a href="http://eesc.orst.edu/agcomwebfile/edmat/html/EC/EC1459/EC1459.html">http://eesc.orst.edu/agcomwebfile/edmat/html/EC/EC1459/EC1459.html</a></td>
</tr>
<tr>
<td>OREGON</td>
<td>Oregon State University</td>
<td>Alzheimer's Disease And Related Disorders: Understanding Memory Loss From Multiple Perspectives</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Covers identification, diagnosis, and treatment of dementia, including the perspectives of family members and caregivers. <a href="http://www.AlzheimerSeminar.com">http://www.AlzheimerSeminar.com</a> This is not an Oregon State Publication but Sally Bowman, from Oregon State University, was one of the authors.</td>
</tr>
<tr>
<td>PENNSYLVANIA</td>
<td>Pennsylvania State University</td>
<td>“Developing an Intergenerational Program in Your Early Childhood Childhood Education Center” Guidebook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Provides helpful suggestions for early childhood professionals interested in involving senior adults in early childhood care Matthew Kaplan Associate Professor, Intergenerational Programs &amp; Aging</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th>PENNSYLVANIA</th>
<th>Pennsylvania State University</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>The Playroom: Ideas for Intergenerational Activities</strong></td>
<td></td>
</tr>
<tr>
<td>Highlights intergenerational activities that can be implemented with young children and older adults.</td>
<td></td>
</tr>
<tr>
<td><a href="http://intergenerational.cas.psu.edu/playroom.htm">http://intergenerational.cas.psu.edu/playroom.htm</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PENNSYLVANIA</th>
<th>Pennsylvania State University</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>“Webbing”: An Emergent Curriculum Approach</strong></td>
<td></td>
</tr>
<tr>
<td>An interactive exercise designed to stimulate older adult involvement in activity planning.</td>
<td></td>
</tr>
<tr>
<td><a href="http://intergenerational.cas.psu.edu/webbing.htm">http://intergenerational.cas.psu.edu/webbing.htm</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PENNSYLVANIA</th>
<th>Pennsylvania State University</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Generations United for Environmental Awareness and Action</strong></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
<tr>
<td><a href="http://intergenerational.cas.psu.edu/EnvEd.html">http://intergenerational.cas.psu.edu/EnvEd.html</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PENNSYLVANIA</th>
<th>Pennsylvania State University</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Some What’s and Why’s of Intergenerational Programming</strong></td>
<td></td>
</tr>
<tr>
<td>Information on the field of intergenerational programming</td>
<td></td>
</tr>
<tr>
<td><a href="http://intergenerational.cas.psu.edu/Docs/WhatsWhys.pdf">http://intergenerational.cas.psu.edu/Docs/WhatsWhys.pdf</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PENNSYLVANIA</th>
<th>Pennsylvania State University</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proverbs: To Promote Understanding Across Generations and Cultures</strong></td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

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 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](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](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](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](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](http://intergenerational.cas.psu.edu/Docs/GrandparentFactSheet.doc) |
| PENNSYLVANIA | Pennsylvania State University | Gift Ideas to Link Generations |
| 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](http://intergenerational.cas.psu.edu/Docs/Article1.pdf) |
| 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](http://intergenerational.cas.psu.edu/Docs/Article2.pdf) |
| 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](http://intergenerational.cas.psu.edu/Docs/Article3.pdf) |
| 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](http://intergenerational.cas.psu.edu/Docs/Article5.pdf) |
| 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](http://intergenerational.cas.psu.edu/Docs/Article6.pdf) |
| 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](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](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.
| RHODE ISLAND | University of Rhode Island | 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://fcs.tennessee.edu/tennesseesaves/TeachingResources/curricula/default.htm)
| TENNESSEE | University of Tennessee | 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.
| TENNESSEE | Tennessee State University | Dr. Thelma Sanders-Hunter
Extension Associate Professor
Tennessee State University
3500 John A. Merritt Boulevard
Nashville, TN 37209-1561
Phone: (615) 963-5547
Fax: (615) 963-1840
Email: tsanders@tnstate.edu |
| 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, |
| TENNESSEE | Tennessee State University | }
| 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 |
<table>
<thead>
<tr>
<th>Institution</th>
<th>Campus</th>
<th>Course</th>
<th>Description</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>TEXAS</td>
<td>Texas A&amp;M University</td>
<td>Caring For Elderly Family Members</td>
<td>Explains how to help elderly family members live happier, safer, and in a more comfortable way.</td>
<td><a href="http://extensionenespanol.net/pubinfo.cfm?pubid=172">http://extensionenespanol.net/pubinfo.cfm?pubid=172</a></td>
</tr>
<tr>
<td>TEXAS</td>
<td>Texas A&amp;M University</td>
<td>Nutrition And The Elderly</td>
<td>Provides information on diets and exercises for the elderly.</td>
<td><a href="http://extensionenespanol.net/tmppdfs/2403809-PUVM09.pdf">http://extensionenespanol.net/tmppdfs/2403809-PUVM09.pdf</a></td>
</tr>
<tr>
<td>TEXAS</td>
<td>Texas A&amp;M University</td>
<td>Depression and the Older Adult</td>
<td></td>
<td><a href="http://fcs.tamu.edu/food_and_nutrition/PDF/depressionandolderadult.pdf">http://fcs.tamu.edu/food_and_nutrition/PDF/depressionandolderadult.pdf</a></td>
</tr>
<tr>
<td>TEXAS</td>
<td>Texas A&amp;M University</td>
<td>Aim for Physical Activity</td>
<td></td>
<td><a href="http://fcs.tamu.edu/food_and_nutrition/PDF/activityconsumer.pdf">http://fcs.tamu.edu/food_and_nutrition/PDF/activityconsumer.pdf</a></td>
</tr>
<tr>
<td>TEXAS</td>
<td>Texas A&amp;M University</td>
<td>Aim to Keep Food Safe</td>
<td></td>
<td><a href="http://fcs.tamu.edu/food_and_nutrition/PDF/foodconsumer.pdf">http://fcs.tamu.edu/food_and_nutrition/PDF/foodconsumer.pdf</a></td>
</tr>
<tr>
<td>TEXAS</td>
<td>Texas A&amp;M University</td>
<td>Aim for Hydration</td>
<td></td>
<td><a href="http://fcs.tamu.edu/food_and_nutrition/PDF/hydrationconsumer.pdf">http://fcs.tamu.edu/food_and_nutrition/PDF/hydrationconsumer.pdf</a></td>
</tr>
<tr>
<td>UTAH</td>
<td>Utah State University</td>
<td>Ideas for Grandparents</td>
<td>Gives grandparents ideas on how to make themselves meaningful in the lives of their grandchildren.</td>
<td><a href="http://extension.usu.edu/files/fampubs/ideas.htm">http://extension.usu.edu/files/fampubs/ideas.htm</a></td>
</tr>
<tr>
<td>UTAH</td>
<td>Utah State University</td>
<td>How to Explain Death to a Child When a Grandparent Dies</td>
<td>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.</td>
<td><a href="http://extension.usu.edu/files/newsletters/sept97.html#death">http://extension.usu.edu/files/newsletters/sept97.html#death</a></td>
</tr>
</tbody>
</table>
| 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](mailto: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 | |
<p>| VIRGINIA | Virginia Polytechnic Institute and State University | <strong>Living Options For Adults Needing Assistance</strong>&lt;br&gt;A situational publication regarding the living options for adults needing assistance with a work sheet.&lt;br&gt;<a href="http://www.ext.vt.edu/pubs/gerontology/350-254/350-254.html">http://www.ext.vt.edu/pubs/gerontology/350-254/350-254.html</a> | Celia Hayhoe&lt;br&gt;<em>Family Financial Management, Cooperative Extension Specialist</em>&lt;br&gt;Virginia Polytechnic Institute &amp; State University&lt;br&gt;103A Wallace Hall (0410)&lt;br&gt;Blacksburg, VA 24061&lt;br&gt;Phone: (540) 231-3497&lt;br&gt;Fax: (540) 231-1697&lt;br&gt;Email: <a href="mailto:chayhoe@vt.edu">chayhoe@vt.edu</a> |
| VIRGINIA | Virginia Polytechnic Institute and State University | <strong>Grandparents Raising Grandchildren: Rights And Responsibilities</strong>&lt;br&gt;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.&lt;br&gt;<a href="http://www.ext.vt.edu/pubs/gerontology/350-255/350-255.html">http://www.ext.vt.edu/pubs/gerontology/350-255/350-255.html</a> | |
| VIRGINIA | Virginia Polytechnic Institute and State University | <strong>Seniors Surf the Web</strong>&lt;br&gt;A program to help older adults learn how to use computers through use of the internet.&lt;br&gt;<a href="http://www.ext.vt.edu/pubs/nutrition/senior/index.html">http://www.ext.vt.edu/pubs/nutrition/senior/index.html</a> | |
| VIRGINIA | Virginia Polytechnic Institute and State University | <strong>What Every Adult Child Needs to Know</strong>&lt;br&gt;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 |</p>
<table>
<thead>
<tr>
<th>Location</th>
<th>Institution</th>
<th>Program/Resource Description</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| 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.  
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 |
| VIRGINIA   | Virginia State Cooperative Extension | Just In Time Parenting Information  
http://www.parentinginfo.org/state.html | |
| 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.  
| 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.  
| 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.  
| 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 |
<table>
<thead>
<tr>
<th>State</th>
<th>University</th>
<th>Topic</th>
<th>Description</th>
<th>Resource Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEST VIRGINIA</td>
<td>West Virginia University</td>
<td>Growing Older: The Old-Old Years</td>
<td>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.</td>
<td><a href="http://www.wvu.edu/~exten/inforepas/fypubs/wl429.pdf">http://www.wvu.edu/~exten/inforepas/fypubs/wl429.pdf</a></td>
</tr>
<tr>
<td>WEST VIRGINIA</td>
<td>West Virginia University</td>
<td>Growing Older: The Young-Old Years</td>
<td>A study program to explore some of the normal changes that occur in young-old years and the implications of these changes.</td>
<td><a href="http://www.wvu.edu/~exten/inforepas/fypubs/wl428.pdf">http://www.wvu.edu/~exten/inforepas/fypubs/wl428.pdf</a></td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
<td>Age-related Falls Reduced with Vitamin D</td>
<td></td>
<td><a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_vitamind.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_vitamind.pdf</a></td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
<td>Another Reason to Eat Your Vegetables!</td>
<td></td>
<td><a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_vegetables.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_vegetables.pdf</a></td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
<td>Asking for Help is An Important Skill Caregivers Need to Learn</td>
<td></td>
<td><a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_askhelp.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_askhelp.pdf</a></td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
<td>Caregiving at a Distance</td>
<td></td>
<td><a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_distance.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_distance.pdf</a></td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
<td>Caregivers Find They Have Common Bonds</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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
<table>
<thead>
<tr>
<th>University of Wisconsin</th>
<th><a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_bonds.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_bonds.pdf</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Wisconsin</td>
<td>Caregivers Need to Take Time to Care for Themselves <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_time.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_time.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Caregivers Watch for Signs of Distress or Depression <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_depression.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_depression.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Caregiving Often Results in Guilt, Regret <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_guilt.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_guilt.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Caring Every Day: Honoring the Nation’s Caregivers <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_honoring_caregivers.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_honoring_caregivers.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Caring for Older Adults During Hot Weather <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_hotweather.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_hotweather.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Children Play a Role in Family Caregiving <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_children.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_children.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Coping Strategies to Help Caregivers Deal with Unchangeable Situations <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_caregiver_coping.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_caregiver_coping.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Coping with the Stress of Family Caregiving <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_stress.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_stress.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Family Caregiving and Adult Sibling Relationships <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_siblingrelationships.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_siblingrelationships.pdf</a></td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
</tr>
<tr>
<td>WISCONSIN</td>
<td>University of Wisconsin</td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Sharing Parent Care with Adult Siblings <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_adultsiblings.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_adultsiblings.pdf</a></td>
</tr>
<tr>
<td>-------------------------</td>
<td>-------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Specialized Nutrition Advice For Older Adults <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_nutritionadvice.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_nutritionadvice.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Using Positive Terms for Older Adults Shapes Our Views of Aging <a href="http://www.uwex.edu/ces/flp/caregiving/files/reading_terms.pdf">http://www.uwex.edu/ces/flp/caregiving/files/reading_terms.pdf</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Highlights from States (Adult Development &amp; Aging) <a href="http://www.csrees.usda.gov/nea/family/in_focus/family_if_aging.html">http://www.csrees.usda.gov/nea/family/in_focus/family_if_aging.html</a></td>
</tr>
<tr>
<td>University of Wisconsin</td>
<td>Highlights from States (Family Caregiving) <a href="http://www.csrees.usda.gov/nea/family/in_focus/family_if_caregiving.html">http://www.csrees.usda.gov/nea/family/in_focus/family_if_caregiving.html</a></td>
</tr>
</tbody>
</table>