

## SASH Library

If you wish to check out items from the SASH Library, please email

[sash@cathedralsquare.org](mailto:sash@cathedralsquare.org)

### Books

1. **Navigating Choice and Change in Later Life: Framework for Facilitating Person-Centered Planning**, by, Patty Cotton & Susan Fox
  - Description: Individuals who are aging or living with chronic illness or disability, along with their families, face multiple challenges in defining and creating a network of supports in order to live as they choose. There is no easy path to figuring out how to support our loved ones or how to navigate a maze of medical and community supports. This manual provides a set of tools to help professionals and families navigate the complex issues that arise as we age and our need for supports to live as we choose increases.
2. **What are Old People For?, How Elders Will Save the World** by, William H. Thomas, M.D.
  - Description: There is a new old age waiting to be discovered, ready to be explored. Dr. Thomas describes how our obsession with youth damages the well-being of all, young and old alike, and he offers an alternative. He blends the spirit of optimism with useful advice, helping us see society in a new light.
3. **Alone and Invisible No More** by, Allan Teel, M.D.
  - Description: How Grassroots Community Action and 21st Century Technologies Can Empower Elders to Stay in Their Homes and Lead Healthier, Happier Lives.
4. **I Don't Have to Make Everything All Better** by, Gary and Joy Lundberg
  - Description: an all too common dilemma that arises when others expect you to solve their problems for them, showing readers how they can shed the no-win role of "fixer" and empower people to solve their own problems through validation--a simple yet profound communication tool that is essential to any healthy relationship. Refreshingly straightforward, this inspiring and entertaining work is poised to become a classic guide for anyone who wishes to improve relationships with their partner, children, colleagues and friends.
5. **30 Lessons For Living** by, Karl Pillemer, Ph.D.
  - Description: After a chance encounter with a remarkable ninety-year-old woman, renowned gerontologist Karl Pillemer decided to find out what older people know about life that the rest of us don't. His quest led him to speak with a thousand Americans over the age of sixty-five—many of whom can remember the Depression and World War II. While some of their tales reaffirmed timeless wisdom, others surprised Pillemer with the unexpected. Now with a new preface by Jane Brody, *30 Lessons for Living* distills their moving stories and hard-won advice. To learn how to live without regret, persevere through hard times, find fulfillment, and age fearlessly and well, there is no one better to ask than the people who have done it themselves.
6. **399 games, puzzles & trivia challenges specially designed to keep your brain young** by Nancy Linde
  - Description: Target Six Key Cognitive Functions – Long-Term Memory, Working Memory, Executive Functioning, Attention to Detail, Multitasking and Processing Speed

7. **Another Country : Navigating the Emotional Terrain of Our Elders** by Mary Pipher, Ph.D.
  - Description: Another Country is a field guide to the rough terrain for a generation of baby boomers who are finding themselves unprepared to care for those who have always cared for them. Psychologist and bestselling writer Mary Piper maps out strategies that help bridge the gaps that separate us from our elders. And with her inimitable combination of respect and realism, she offers us new ways of supporting each other – new ways of sharing our time, our energy, and our love.
8. **Learning to Speak Alzheimer’s; A Groundbreaking Approach for Everyone Dealing with the Disease** by Joanne Koenig Coste
  - Description: More than four million Americans suffer from Alzheimer’s, and as many as twenty million have close relatives or friends with the disease. Revolutionizing the way we perceive and live with Alzheimer’s, Joanne Koenig Coste offers a practical approach to the emotional well-being of both patients and caregivers that emphasizes relating to patients in their own reality. Her accessible and comprehensive method, which she calls habilitation, works to enhance communication between carepartners and patients and has proven successful with thousands of people living with dementia. Hundreds of practical tips are also included.
9. **Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions** by Paul and Lori Hogan
  - Description: Choosing the best care for your aging parents and other seniors in your life is not only complex, with multiple options available, it’s also highly personal and often emotional. This essential resource – written by the founders of Home Instead Senior Care, the world’s largest provider of nonmedical care for seniors – guides you through a comprehensive range of things to consider, step by step, so you can make better informed decisions and be confident that the senior in your life is receiving the best care possible.
10. **Motivational Interviewing: Preparing People to Change Addictive Behavior** by William R. Miller & Stephen Rollnick
  - Description: This book reviews the conceptual and research background from which motivational interviewing was derived; provides a practical introduction to the what, when, why, and how of the approach; and brings together contributions from international experts describing their work with motivational interviewing in a broad range of populations.
11. **Alzheimer’s Disease: A Practical Guide for Families and Other Caregivers** by Judah L. Ronch
  - Description: Judah Ronch provides a thorough overview of how Alzheimer’s affects victims and families, counseling approaches, the feelings counselors develop, and most importantly, ways to empower the helpers such as counselors or nurses who may at first become bewildered and disheartened when thinking about working with a disease that is progressively degenerative and always fatal. Practical approaches are stressed through many compassionate examples.
12. **Building Motivational Interviewing Skills: a Practitioner Workbook** by David B. Rosengren
  - Description: Developing expertise in MI takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning

activities. The author is an experienced MI researcher, clinician, and trainer who facilitates learning with quizzes, experiential exercises, and reproducible worksheets.

13. **A Time to Mourn A Time to Dance: Help for the Losses in Life** by AID Association for Lutherans
  - Description: This book is for anyone who wants to understand grief: griever as well as persons who want to improve their ability to help those who are experiencing a loss.

## DVDs

1. SASH, Support and Services at Home, a Caring Partnership (6 minutes)
2. Go4Life Everyday Exercises from National Institute on Aging
3. Consider the Conversation – a documentary on a taboo subject, 60 minutes

## Manuals

**Note:** If the title is also a link, you may access the manual in PDF format by clicking on the link. If there is no link in the title, we have a hard copy only available.

1. **Working Together for Independence and Civil Rights** by Vermont Center for Independent Living (VCIL)
2. Self-Management Programs
  - [Eat Better, Move More](#) – The EBMM program is a 12 week program designed to promote and implement healthy lifestyles.
  - [A Healthy Eating for Life Program for Mature Adults](#) – This is a collection of handouts on the benefits of eating healthy and other educational material related to nutrition.
  - [Stepping On: Building Confidence and Reducing Falls](#) – This is a collection of handouts and information on physical activity, appropriate shoes for walking, benefits of sleep, transportation safety, among many more.
  - [Otago Exercise Programme](#) – This manual is meant to guide you through carrying out the falls prevention program.
  - [Otago Activity Booklet](#)
  - [PEARLS: Program to Encourage Active, Rewarding Lives](#) – is designed to help empower individuals struggling with emotions by utilizing the resources within themselves and the surrounding community they live in.
  - [Aging Well Moderator Manual](#)
  - [Aging Well Participant Manual](#)
  - [Get Connected!](#) – Linking Older Adults With Medication, Alcohol, and Mental Health Resources
  - [STEADI Toolkit](#) – Stopping Elderly Accidents, Deaths and Injuries

## Signs

1. SASH Banner