



RESOURCE LIST: RESOURCES FOR SENIOR CITIZENS

The resources listed below are in alignment with Focus on the Family's philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, simply call our toll free number 1-800-A-FAMILY. You can also visit our Family Store at www.family.christianbook.com.

BOOKS

BEIN' A GRANDPARENT AIN'T FOR WIMPS by Karen O'Connor (Christian Large Print) • 152665 •

Over 80 stories express the joy of being a grandparent and the humorous misunderstandings that occur between generations. Each story ends with an encouraging Scripture verse and a brief prayer.

CONNECT WITH YOUR GRANDKIDS by Cheri Fuller (Focus on the Family) • 975361 •

Develop a lasting bond with your grandchildren by learning new ways to connect. Author Cheri Fuller created ideas to bridge the miles when several of her grandchildren moved away. Her ideas — from text messaging to making photo albums — will spur you on to a deeper relationship with your grandchildren.

EXTREME GRANDPARENTING: THE RIDE OF YOUR LIFE by Dr. Tim and Darcy Kimmel (FOF/Tyndale) • 974609 •

The honesty, humor, stories, and practical experience offered by Tim and Darcy Kimmel will motivate and guide you to develop richer relationships with your children and their children. Discover how you can reach and relate to grandchildren, not only as a mentor and loving family member, but as a spiritual rock during the hard times.

THE GRANDMOTHER'S BIBLE: NIV (Zondervan) • 939030 • Italian Duo-Tone, Spring-Violet/White • Type size: 10 pt on 12 pt

Here is the perfect tool to help grandmothers grow spiritually, so they might be a blessing to their grandchildren. With 365 daily devotions, grandchild-focused prayers, talking points on relevant topics, topical and feature index, and a photo sleeve to hold photos of your little ones, this is a must for those who want to leave a legacy of faith for generations to come.

THE JOYS OF SUCCESSFUL AGING: LIVING YOUR DAYS TO THE FULLEST by George Sweeting (Moody) • 472901 •

God wants the "golden years" to be fulfilling. Offering insight on everything from health and humor to having a Christ-honoring attitude, this book shows you how to let go of your fear, do your giving while you're living, and finish with grace!

LETTERS FROM DAD by Greg Vaughn and Fred Holmes (Integrity Publishers) • 453429 •

When Greg's father died, a rusty tackle box became the only tangible item he left as a legacy. From that painful experience, Greg was challenged to ensure that his own children know that they are the treasures of his life. Learn how to create a legacy of love for those you love the most.

MAKING ORDINARY DAYS EXTRAORDINARY by Shirley Dobson and Gloria Gaither (Multnomah) • 23588 •

Make the most of family time with these ideas for growing closer while creating unforgettable experiences...together. This book includes activities for holidays and special occasions, making the most of vacation time, relationship-builders, and reminiscences from the authors and their friends.

OUT OF THE MOUTHS OF GRANDBABES by Donna Vander Griend (NavPress) • 838587 •

Jesus taught truths by telling stories, and we continue to learn those truths through storytelling, including those told by our grandchildren. Let your spirit be refreshed as these 40 delightful stories told by grandchildren help you to sense the wonder and awe of God and His creation as though you were a child again.

THE POWER OF A GODLY GRANDPARENT: LEAVING THE SPIRITUAL LEGACY by Stephen and Janet Bly (Beacon Hill Press) • 120372 •

You may or may not have material wealth to leave your grandchildren, but you have a rich heritage to pass on. Give your grandchildren the power of unconditional love. Give your grandchildren the power of your own testimony of faith.

REGAINING THE POWER OF YOUTH AT ANY AGE by Dr. Kenneth (Ken) H. Cooper (Thomas Nelson) • 71422 •

This book provides a practical, balanced plan for developing a targeted fitness program uniquely adapted to individual needs. Many areas of energy drainers are addressed. Specific solutions to depression, breast cancer, heart problems, diabetes, and other ailments are also given.

CDs

"Bridging the Generations" I, II (Tom Shrader, Dr. James Dobson) • 5008434 •

Pastor Shrader challenges seniors to be missionaries to young people. He also reminds them that God is not done with them yet and encourages them to live out their lives fully for the kingdom of God.

"Grandparenting: A Higher Calling" I, II (Dr. Jay Kesler, Dr. James Dobson) • 50143594 •

Based on a survey of 1,000 grandparents Dr. Jay Kesler interviewed for his book *Grandparenting: The Agony and the Ecstasy*, Dr. Kesler gives suggestions for ways grandparents can help their children and grandchildren in a variety of areas and situations.

"Growing Old Gracefully" I, II (Panel, Dr. James Dobson) • 5008604 •

Panel members talk about the need for ministry to seniors, the positive aspects of aging, and the psychological and physical benefits to staying active while aging. Dangers of early retirement are addressed, such as its effects on finances, productivity, and identity.

"The Joys of Grandparenting" (Panel, Dr. Bill Maier) • 5008971 •

Dr. Maier talks with Eric Wiggins and Helen Hosier about the challenges and joys involved for grandparents as they seek to provide a positive impact on their grandchildren. Dr. Maier also speaks with Danae Dobson by telephone about her relationship with her grandparents.

"Love in the Midst of Alzheimer's" (Robertson McQuilkin) • 5008171 •

Muriel began repeating her stories without realizing it. Alzheimer's disease had begun its insidious attack and would ultimately take over her mind. Her husband left his prestigious career behind to care for her full-time. It was a decision that had been made in his heart years earlier when he vowed "in sickness and in health."

"Making the Most of Ordinary Days" I, II (Gloria Gaither, Dr. and Mrs. James Dobson) • 5008201 •

Shirley Dobson and Gloria Gaither discuss their book *Making Ordinary Days Extraordinary*, which offers simple ideas to foster family closeness and create special memories. Listen in as they share some of their own fond memories and offer practical suggestions for creating unique, memorable moments with your family.

"Old Before Her Time" I-III (Pat Moore, Dr. James Dobson) • 5008915 •

Pat Moore, an industrial designer, realized the needs of the elderly were being ignored. At age 26, with her body altered to simulate the normal sensory degeneration associated with aging, she set out to experience the world as an 85-year-old woman. She discusses what she learned regarding how society treats the aged.

"Preparing for Widowhood" I-III (Panel, Dr. James Dobson) • 5008662 •

This group discussion with Dr. James Dobson and five widows, including his mother, relates the shock of losing a husband, the delay of emotional impact, loneliness, the need to talk about the lost spouse, and other related issues.

"Rescuing the Next Generation" I, II (Dr. Josh McDowell, Ryan Dobson) • 5008706 •

It's not only a generational gap, but also a cultural gap. Using the words "tolerance" and "truth," Josh outlines what has caused that cultural gap. He also expounds on what teens are being taught that contributes to the problem and the importance of an intimate connection between grandparents and their grandchildren.

WEB SITES

Focus on the Family—Midlife and Beyond

• <http://www.focusonthefamily.com/midlife.aspx>

This website offers helpful information, suggestions, and inspiration for those approaching their senior years.

RESOURCE LISTS

"Eldercare" • RL061 • Complimentary

This document lists resources and referrals to organizations to assist caregivers in aiding the elderly.

"Female Health" • RL056 • Complimentary

A variety of resources concerning PMS, menopause, and breast cancer are given on this resource list.

"Grief and Loss" • RL045 • Complimentary

This list suggests materials which are available to assist in recovery from the loss of a spouse or loved one or to aid the individual reaching out to a friend or family member.

REFERRALS

60 Plus Association (Jim Martin, President)

515 King Street, Suite 315

Alexandria, VA 22314

888/560-7587

703/807-2073 — Fax

info@60plus.org — E-mail

<http://www.60plus.org> — Web site

- This secular, citizen lobby organization is dedicated to protecting the rights of senior citizens.

The Alzheimer's Association

225 North Michigan Avenue, Floor 17

Chicago, IL 60601-7633

312/335-8700

info@alz.org — E-Mail

<http://www.alz.org> — Web site

- This secular organization provides information to families afflicted by Alzheimer's disease.

Christian Association of Senior Adult Ministries (CASA)

2880 Vision Court

Aurora, IL 60506

888/200-8552

630/801-3676

info@gocasa.org — E-mail

<http://www.gocasa.org> — Web site

- This Christian ministry is committed to making a difference in the lives of those age 50 and over in the local church. Resources for pastors and lay leaders serving the needs of middle and senior age adults are offered.

National Institute on Aging

Building 31, Room 5C27

31 Center Drive, MSC 2292

Bethesda, MD 20892-2292

301/496-1752

800/222-2225 — General information on aging

800/438-4380 — General information on Alzheimer's

301/496-1072 — Fax

<http://www.nia.nih.gov> — Web site

- This secular organization provides information on aging and Alzheimer's disease.

Senior Evangelism Partnership (David Noreen, Chairman)

9153 Yarrow, Suite 1412

Westminster, CO 80021

888/323-4677

303/403-2380

dnoreen@aol.com — E-mail

<http://www.seniorevangelism.org> — Web site

- This Christian ministry fosters a network of churches and organizations committed to reaching senior citizens for Christ. Training materials and opportunities that focus on senior evangelism are offered.

The Seniors Coalition

4401 Fair Lakes Court, Suite 210

Fairfax, VA 22033

800/325-9891

tsc@senior.org — E-mail

<http://www.senior.org> — Web site

- This secular, non-profit organization represents the interests and concerns of senior Americans for Social Security, Medicare, and prescription drug issues at the state and federal levels. Their mission is to protect the quality of life and economic well-being of older Americans while supporting common sense solutions to the challenges of the future.

Significant Living

2880 Vision Court

Aurora, IL 60506

800/443-0227

email@significantliving.org — E-mail

<http://www.significantliving.org> — Web site

- Providing a Christian alternative to AARP, this organization's goal is to provide money-saving values for those age 50 and over. They also offer products and services to encourage growth, as well as opportunities for service.

The Sunshine Society

P.O. Box 327

Lynwood, WA 98046-0327

425/353-4732

425/355-4376 — Fax

<http://www.sonshinesociety.org> — Web site

- This organization is dedicated to bringing Christian love to nursing home residents. In addition to a bi-monthly newsletter geared to Christian nursing home volunteers, they also offer a guide to ministering in nursing homes, large print resources, tracts, devotionals, and Bible books.