

Learn more about Healthy Aging

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Websites

aurora.org/services/seniorsvcs Look here to find senior services offered by *Aurora Health Care*.

medlineplus.gov/seniorshealthissues MedlinePlus from *The National Library of Medicine* provides credible links to many articles of interest for seniors, including health news, prevention and screening, weight control and osteoporosis. A Spanish version of the page is available.

healthinaging.org Created by the *American Geriatrics Society Foundation for Health in Aging*, this website helps you find certified geriatricians and helps with decisions on end-of-life care, nursing homes and medication use.

usa.gov/topics/seniors.shtml This official *U.S. Government Web Portal* features information for Seniors about consumer protection, Medicare, housing, working, estate planning and travel. Subjects such as diet and exercise, nutrition, diabetes, osteoporosis, arthritis, Alzheimer's disease and medical coverage are available.

dhs.wisconsin.gov/aging/index.htm *Wisconsin Department of Health Services, Services for the Elderly* details a variety of information programs and services for seniors and caregivers, including legal forms and volunteer and training opportunities.

Local resources

Aurora Sinai Medical Center, Center for Senior Health and Longevity, Soryal Soryal, MD, Director, 1020 N. 12th Street, Milwaukee, WI 53233, 414-219-7300. Services include: Comprehensive geriatric assessment, primary care, social work and assistance, continence evaluation and referral, dementia evaluation clinic, falls prevention, geriatric psychiatry, research and education, physical therapy, rehabilitation and evaluation, and the Acute Care for Elderly (ACE) Unit.

Books

I Am Taking Control: Healthy Aging and Financial Security for Baby Boomers by Ronald Haines, CreateSpace, 2012, ISBN 9781475006001, \$12.95. An experienced financial advisor and fitness enthusiast believes it is important for people to take control of their own health and wealth.

Younger Next Year: The New Science of Aging DVD, a 2011 PBS documentary featuring Henry S. Lodge, MD, from Columbia University, dispels the myths of American aging and explains the science of how to take charge of your biology to become functionally younger. \$24.99 at shoppbs.org.

Live Long, Die Short: A Guide to Authentic Health and Successful Aging by Roger Landry, M.D., Greenleaf, 2014, ISBN 9781626340398, \$12.01. A preventive medicine physician trained at Tufts and Harvard shares that lifestyle choices are a major factor in physical and mental aging.

A Man's Guide to Healthy Aging: Stay Smart, Strong, and Active by Edward Thompson Jr., Johns Hopkins University Press, 2013, ISBN 9781421410562, \$23.13. A medical sociologist and gerontologist cover everything men need to know but might be afraid to ask, about keeping fit mentally, physically, socially, intellectually and sexually.

The Longevity Kitchen: Satisfying, Big-Flavor Recipes Featuring the Top 16 Age-Busting Power Foods by Rebecca Katz, Ten Speed Press, 2013, ISBN 9781607742944, \$22.67. The founder of the Healing Kitchens Institute and faculty member of the Arizona Center for Integrative Medicine shares 126 delicious whole-foods recipes to combat and prevent chronic diseases.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.