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An official AARP book for caregivers combining day-to-day advice and uplifting guidance in a daily meditations format

When you were a kid, what were some of the things you dreamed of being when you grew up? What's something you wish you had asked your parents, but never did? These and other thoughtful questions will get Mom talking. One thing's for sure: Doing the interview will help make wonderful new

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memories, along with a volume that will be prized for generations to come.

Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to

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recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

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America's top cleaning expert and star of the hit series Legacy List with Matt Paxton distills his fail-proof approach to decluttering and downsizing. Your boxes of photos, family's china, and even the kids' height charts aren't just stuff; they're attached to a lifetime of memories--and letting them go can be scary. With empathy, expertise, and humor, *Keep the Memories, Lose the Stuff*, written in collaboration with AARP, helps you sift through years of clutter, let go of what no longer serves you, and identify the items

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worth keeping so that you can focus on living in the present. For over 20 years, Matt Paxton has helped people from all walks of life who want to live more simply declutter and downsize. As a featured cleaner on Hoarders and host of the Emmy-nominated Legacy List with Matt Paxton on PBS, he has identified the psychological roadblocks that most organizational experts routinely miss but that prevent so many of us from lightening our material load. Using poignant stories from the thousands of individuals and families he has

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worked with, Paxton brings his signature insight to a necessary task. Whether you're tired of living with clutter, making space for a loved one, or moving to a smaller home or retirement community, this book is for you. Paxton's unique, step-by-step process gives you the tools you need to get the job done.

AARP: America's Largest Interest Group and its Impact

Hearings Before the Subcommittee on Social Security and Family Policy of the Committee on Finance, United States Senate, One

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Hundred Fourth Congress, First Session, June
13 and June 20, 1995

Washi Transformed

Keep Sharp

A Bold New Path to Living Your Best Life at
Every Age

The ABA Checklist for Family Heirs

Real Life Journals

***This examination of the history, development,
activities, successes, and limitations of the
largest membership organization in the
country will be of interest to anyone who***

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belongs to or is curious about this sometimes-controversial group. • Examines AARP's growth from small service organization to a political powerhouse • Scrutinizes the relationship between AARP's political activities and its commercial enterprises • Explains how AARP has become a major player in Washington, even without a PAC for campaign contributions • Explores AARP's moderating influence in an increasingly polarized political landscape, despite political attacks from both right and left • Looks at the role of incentives and local chapters in recruiting and mobilizing the

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organization's massive membership base • Provides an up-to-date account of AARP's political activities in the wake of its support for the Affordable Care Act "UnMasking Alzheimer's: The Memories Behind the Masks" is a a collection of photographs of the thirty masks created by Alzheimer's advocate and artist, Cynthia Huling Hummel along with her reflections on the challenges and hopes of living well with an AD diagnosis.

Medicare For Dummies, 2nd Edition (9781119293392) was previously published as Medicare For Dummies, 2nd Edition

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(9781119079422). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Make your way through the Medicare maze with help from For Dummies America's baby boomers are now turning 65 at the rate of about 10,000 a day. Yet very few have any idea about how Medicare works, when they should sign up, or how the program fits in with other health insurance they may have. Medicare For Dummies, 2nd Edition provides a detailed road map for navigating Medicare's often-baffling complexities and helps

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consumers avoid pitfalls that could otherwise cost them dearly. In plain language, the new edition explains: How to qualify for Medicare, according to your personal circumstances, including new information on the rights of people in same-sex marriages When to sign up at the time that's right for you, to avoid lifelong late penalties How to weigh Medicare's many options so you can be confident of making the decision that's best for you What Medicare covers and what you pay, with up-to-date details of the costs of premiums, deductibles, and copays—and how you may be able to reduce those expenses By

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conveying not only the basics but also how to troubleshoot problems and where to find assistance, Medicare For Dummies, 2nd Edition helps you to get the most out of Medicare. WASHINGTON POST Bestseller List 3/30/14 Solid solutions and step-by-step instructions for planning the next stage of your life Life after 50 isn't what it used to be. The rules have changed. No more guaranteed pensions, retiree health plans, or extensive leisure and travel. It's time to forge new paths and create innovative models. That's where the AARP Roadmap for the Rest of Your Life comes in. Bart Astor, author of more than a dozen

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books, offers a comprehensive guide for making lifestyle decisions, growing your nest egg, and realizing your goals. This AARP book– Provides guidance on the key areas you'll need to consider: finances and work, health and fitness, Medicare and Social Security, estate planning, insurance, housing, and more Offers expert tips on creating age- and health-specific goals through a personal "Level of Activity" scale based on how active you can and want to be Includes tips for finding fun and fulfilling activities and even completing your bucket list Supplies ready-to-use worksheets to help

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*you set and meet financial planning goals,
get your legal affairs in order, and maintain
adequate health insurance Contains a
comprehensive list of valuable resources*

Our Subway Baby

Good Times Sunday Crosswords (AARP)

Sudoku to Exercise Your Mind

Medicare For Dummies

Old, Poor, and Forgotten

Families Caring for an Aging America

** The first book to explore washu as a
medium for contemporary art* The book*

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reveals the contemporary possibilities – as well as the time-honored essence – of a cultural tradition that has been deeply connected with art and life in Japan for more than a millennium*

Collectively, the photographs represent a new concept of washi as they have never been published together before.

The book also features previously unpublished photographs of new works by Yuko Nishimura and Ayomi Yoshida* The publication features photographs by

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Kyoko Ibe, one of the pioneers of contemporary washi that makes the traditional newHistorically, washi paper has been used as a base for Japanese calligraphy, painting, and printmaking as well as a material in architecture, religious ritual and clothing. In recent years, contemporary Japanese artists have turned this supple yet sturdy paper into a medium for expressing their artistic vision - layering, weaving, dyeing, shredding,

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folding, or cutting the paper to form abstract sculptures, lyrical folding screens, highly textured wall pieces, and dramatic installations. This elegantly designed volume examines the extraordinary creations of these diverse contemporary artists from Japan, France, and the United States. The publication also demonstrates the resilience, versatility, and unique stature of this ancient artistic medium in the realm of international

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contemporary art. Published to accompany a traveling exhibition: Allentown Art Museum, Allentown, PA October 10, 2021 - January 2, 2022 Longmont Museum, Longmont, CO January 28, 2022 - May 15, 2022 D'Amour Museum of Fine Arts, Springfield Museums, Springfield, MA June 11, 2022 - September 4, 2022 Morikami Museum and Japanese Gardens, Delray Beach, FL November 3, 2022 - April 2, 2023 Social Security For Dummies, 2nd

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Edition (9781119293330) was previously published as Social Security For Dummies, 2nd Edition (9781118967560). While this version features a new Dummies cover and design, the content is the same as the prior release and should not be considered a new or updated product. Praise for Social Security For Dummies: "Social Security for Dummies is a must read for people of any age who want a comfortable retirement. Jonathan Peterson does a

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great job of explaining this complicated system and helps you understand how to get the most from the benefits you've earned. The difference between a smart claiming strategy and a dumb one can cost you hundreds of thousands of dollars, so you'll want to invest in this book." -Liz Weston, personal finance columnist and author of *The 10 Commandments of Money* "This is your go-to book on Social Security. Chock-full of useful tips, easy to use,

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and well organized, it answers all your questions about Social Security."

—Steve Vernon, author of *Money for Life: Turn Your IRA and 401(k) Into a Lifetime Retirement Paycheck* and CBS MoneyWatch commentator "Social Security for Dummies is indispensable for anyone who wants to get the best possible deal from Social Security—and that means all of us, young and old, because everyone will need Social Security benefits in this era of disappearing pensions and

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dwindling savings. Strategies for single people, for married couples, for survivors, for divorced people: You can find expert advice on all these subjects and more in this easy-to-understand guide to a very complex subject." – Bob Rosenblatt, editor of HelpwithAging.com and Senior Fellow at the National Academy of Social Insurance About the book: Take the mystery out of Social Security and maximize your benefits when you retire

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Social Security For Dummies is the definitive resource to navigating the often-complex world of Social Security retirement benefits and the U.S. Social Security Administration. If you're nearing retirement age, or assisting someone who is, this guide will show you how to avoid common pitfalls, determine when you should claim your benefits, and figure out how much you can expect to receive each month. This newest edition provides updates to

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relevant dates and resources as well as an in-depth look at policy changes that will affect those about to retire.

Packed with information that will help you make decisions that will maximize your financial well-being, this great resource makes it easy to understand everything you need to know quickly and easily. Understand new Social Security Administration policies and what they mean for you Determine how to incorporate Social Security into your

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overall retirement plan Get answers to common questions Find resources to use when you're stumped With Social Security For Dummies, you can take charge of your retirement and successfully navigate the U.S. Social Security Administration. Sunday is the perfect day for recreation, relaxation...and crosswords, of course! For solvers who enjoy sinking their teeth into the larger, more challenging Sunday puzzle,

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this collection is a great way to stay in the weekend state of mind.

Puzzlemeister Stanley Newman has concocted a variety of super-sized crosswords, each with a theme, to keep minds sharp and the good times rolling.

The many people who long to draw?but feel too intimidated to try?will rejoice at the wonderful first entry in this brand-new creative series. Written by arts educator Steven Aimone, it's packed with solid, friendly, hands-on

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instruction, as well as inspiring images, and backed by the trusted AARP name. Aimone teaches an accessible style called expressive drawing that emphasizes line and mark, rather than rendering a specific object, which for many people, can create barriers to self-expression. Exercises start off simple and quick, encouraging readers to work on instinct and feeling, while the later ones focus on detail and refinement. The book features hundreds

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of images of work by well-known artists from Debuffet to Jim Dine?and each chapter includes a profile of someone who came to drawing late in life and achieved recognition.

Habit-Forming Crosswords to Keep You Sharp

A Keepsake Journal for Celebrating a Lifetime of Stories

Leading Change, Advancing Health
Practical, Emotional, and Spiritual
Support for You and Your Family

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Beautiful Living for the Second Half of Life : Reimagine, Redesign, Remodel Smart Choices About Money, Health, Work, Lifestyle ... and Pursuing Your Dreams

AARP Roadmap for the Rest of Your Life
The Future of Nursing explores how nurses' roles, responsibilities, and education should change significantly to meet the increased demand for care that will be created by health care reform and to advance improvements in America's increasingly complex health system. At more than 3 million

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in number, nurses make up the single largest segment of the health care work force. They also spend the greatest amount of time in delivering patient care as a profession. Nurses therefore have valuable insights and unique abilities to contribute as partners with other health care professionals in improving the quality and safety of care as envisioned in the Affordable Care Act (ACA) enacted this year. Nurses should be fully engaged with other health professionals and assume leadership roles in redesigning care in the United States. To ensure its members are well-prepared, the profession should

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institute residency training for nurses, increase the percentage of nurses who attain a bachelor's degree to 80 percent by 2020, and double the number who pursue doctorates. Furthermore, regulatory and institutional obstacles -- including limits on nurses' scope of practice -- should be removed so that the health system can reap the full benefit of nurses' training, skills, and knowledge in patient care. In this book, the Institute of Medicine makes recommendations for an action-oriented blueprint for the future of nursing.

This gentle and incredibly poignant picture

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book tells the true story of how one baby found his home. "Some babies are born into their families. Some are adopted. This is the story of how one baby found his family in the New York City subway." So begins the true story of Kevin and how he found his Daddy Danny and Papa Pete. Written in a direct address to his son, Pete's moving and emotional text tells how his partner, Danny, found a baby tucked away in the corner of a subway station on his way home from work one day. Pete and Danny ended up adopting the baby together. Although neither of them had prepared for the prospect of parenthood, they

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are reminded, "Where there is love, anything is possible."

A guide to estate planning discusses such topics as wills, the probate process, selecting an executor, living trusts, naming a guardian for young children, living wills, and setting up a power of attorney.

New York Times Bestseller Stop—and even reverse!—age-related weight gain and muscle loss with the first-ever weight-loss plan specifically designed to shrink your belly, extend your life, and create your healthiest self at mid-life and beyond. You don't have to gain weight as you age. That's the simple

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yet revolutionary promise of *The Whole Body Reset*, which uncovers why standard diet and exercise advice stops working for us as we approach midlife—and reveals how simple changes to the way we eat can halt, and even reverse, age-related weight gain and muscle loss. *The Whole Body Reset* presents stunning new evidence about the power of “protein timing” for people at midlife—research that blows away current government guidelines, refutes the myth of slowing metabolisms and “inevitable” weight gain, and changes the way people in their mid-forties and older should think about food. *The Whole Body Reset*

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explains in simple, inspiring terms exactly how our bodies change with age, and how eating to accommodate those changes can make us respond to exercise as if we were twenty to thirty years younger. Developed by AARP, tested by a panel of more than 100 AARP employees, and approved by an international board of doctors, nutritionists, and fitness experts, The Whole Body Reset doesn't use diet phases, eating windows, calorie restriction, or other trendy gimmicks. Its six simple secrets and scores of recipes are easy to follow, designed for real people living in the real world. A dining guide even

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shows how to follow this program in popular restaurants from McDonald's to Starbucks to Olive Garden. And best of all: It works!

Art and Archaeology Research Papers

Expressive Drawing

The Future of Nursing

Conversations with My Mother

Building the Health Care Workforce

AARP Guide to Revitalizing Your Home

One Man's Quest for His Vinyl and His Past

Make your later years your best! As many people live longer, they have more choices than ever before to make their later years

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more fulfilling. With AARP's Navigating Your Later Years For Dummies, Portable Edition, you discover the many options you have for living independently, getting the best healthcare, and determining what legal papers and insurance you need. You don't need to make these types of decisions alone. This handy resource also gives you expert advice on how to review your choices and discuss them with loved ones. This practical guide gives you advice on how to Downsize and declutter your home, talking to your

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***family about what they want—and don't want
Decide whether to stay in your home or move
to a retirement community Create wills,
trusts, advance directives, and living wills
Determine when it's time to let someone else
do the driving Facing the changes that come
with aging can be tough, but you can make
the most of this special time of your life.
Navigating Your Later Years For Dummies,
Portable Edition, gives you the information
you need to stroll confidently into your
future.***

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This book provides a fresh and even-handed account of the newly modernized AARP (formerly the American Association of Retired Persons)—the 40-million member insurance giant and political lobby that continues to set the national agenda for Medicare and Social Security. Frederick R. Lynch addresses AARP's courtship of 78 million aging baby boomers and the possibility of harnessing what may be the largest ever senior voting bloc to defend threatened cutbacks to Social Security, Medicare, and under-funded pension

systems. Based on years of research, interviews with key strategists, and analyses of hundreds documents, One Nation under AARP profiles a largely white generation, raised in the relatively tranquil 1950s and growing old in a twenty-first century nation buffeted by rapid economic, cultural, and demographic change. Lynch argues that an ideologically divided boomer generation must decide whether to resist entitlement reductions through its own political mobilization or, by default, to empower AARP

as it tries to shed its "greedy geezer" stereotype with an increasingly post-boomer agenda for multigenerational equity. This guide helps people with Medicare understand Medigap (also called Medicare Supplement Insurance) policies. A Medigap policy is a type of private insurance that helps you pay for some of the costs that Original Medicare doesn't cover.

A Hudson Booksellers Best Non-Fiction Book of the Year, with foreword by Wilco's Jeff Tweedy High Fidelity meets Killing Yourself

to Live when one man searches for his lost record collection. As he finds himself within spitting distance of middle-age, journalist Eric Spitznagel feels acutely the loss of... something. Freedom? Maybe. Coolness? Could be. The records he sold in a financial pinch? Definitely. To find out for sure, he sets out on a quest to find the original vinyl artifacts from his past. Not just copies. The exact same records: The Bon Jovi record with his first girlfriend's phone number scrawled on the front sleeve. The KISS Alive II he once shared

with his little brother. The Replacements Let It Be he's pretty sure, 20 years later, would still smell like weed. As he embarks on his hero's journey, he reminisces about the actual records, the music, and the people he listened to it with—old girlfriends, his high school pals, and, most poignantly, his father and his young son. He explores the magic of music and memory as he interweaves his adventures in record-culture with questions about our connection to our past, the possibility of ever recapturing it, and whether we would want to

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if we could. "Memories are far more indelible when married to the physical world, and Spitznagel proves the point in this vivid book. We love vinyl records because they combine the tactile, the visual, the seeable effects of age and care and carelessness. When he searches for the records he lost and sold, Spitznagel is trying to return to a tangible past, and he details that process with great sensitivity and impact."—Dave Eggers, New York Times bestselling author of The Circle

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Before the Select Committee on Aging, House of Representatives, One Hundred Second Congress, Second Session, June 24, 1992

Designing & Using Handmade Books

Your Federal Income Tax for Individuals

A Guide to Family History, Financial Plans and Final Wishes

America's Most Powerful Lobby and the Clash of Generations

Business and Financial Practices of the AARP CIO

Bet you can ' t solve just one! Once you do, however,

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you ' ll quickly see why these crosswords are positively habit-forming! They offer just the right dose of nostalgia along with clues that help expand your vocabulary, pattern-solving skills, and mastery of trivia. The themes cover a wide range of topics, so finding the answers makes for satisfying fun.

Use it or lose it! It ' s important—for mature adults especially—to stimulate and challenge the brain constantly. Keeping the mind active may ward off such illnesses as Alzheimer ' s, and help maintain mental sharpness. Puzzles are a perfect way to achieve that goal, so AARP has devised a

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delightfully challenging collection of the most popular puzzles around: sudoku, the highly addictive game that everyone from kids to great-grandparents are snatching off store shelves. An introductory section will get newcomers started with an easy-to-follow explanation of the rules and a step-by-step demonstration of how to go about filling in the grids. Because this comes from AARP, the organization most trusted by older adults, you know it ' s top-quality!

AWARDS: Silver Living Now Book Award, Mature Living/Aging 2014 (Silver) If you ' re one of the 25

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million single women over the age of 45 living in the United States today, AARP ' s The Single Woman ' s Guide to Retirement is your new best friend. Walking you through the challenges of retired or pre-retired life, from managing your finances to staying healthy in body, mind, and spirit, dealing with divorce, and even looking for love or work, the book covers the issues that really matter to you. Whether you ' re looking for a retirement home or planning a cruise, this book is packed with specific details to help take the guesswork out of retirement. Author and retirement expert Jan Cullinane has gathered real-

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life stories from women just like you to illustrate your options and give you fresh new ideas about how to make the most of your retirement years.

Keep your brain young, healthy, and sharp with this science-driven guide to protecting your mind from decline by neurosurgeon and CNN chief medical correspondent Dr. Sanjay Gupta. Throughout our life, we look for ways to keep our minds sharp and effortlessly productive. Now, globetrotting neurosurgeon Dr. Sanjay Gupta offers “ the book all of us need, young and old ” (Walter Isaacson, #1 New York Times bestselling author of The Code

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Breaker) with insights from top scientists all over the world, whose cutting-edge research can help you heighten and protect brain function and maintain cognitive health at any age. Keep Sharp debunks common myths about aging and mental decline, explores whether there ' s a “ best ” diet or exercise regimen for the brain, and explains whether it ' s healthier to play video games that test memory and processing speed, or to engage in more social interaction. Discover what we can learn from “ super-brained ” people who are in their eighties and nineties with no signs of slowing down—and whether there

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are truly any benefits to drugs, supplements, and vitamins. Dr. Gupta also addresses brain disease, particularly Alzheimer ' s, answers all your questions about the signs and symptoms, and shows how to ward against it and stay healthy while caring for a partner in cognitive decline. He likewise provides you with a personalized twelve-week program featuring practical strategies to strengthen your brain every day. Keep Sharp is the “ must-read owner ' s manual ” (Arianna Huffington) you ' ll need to keep your brain young and healthy regardless of your age!

Build a Better Brain at Any Age

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Getting Your Affairs in Order

Disrupt Aging

The Medicare Handbook

A Guide to Health Insurance for People with
Medicare

AARP Large Print Crossword Puzzles

AARP

"The 'AARP Guide to Revitalizing Your Home' helps you assess your current home to determine how universal design solutions can transform it into a home for a lifetime and offers solutions and inspiration to make

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those changes" --Cover, p. 4.

Discusses the origins and development of the American Association of Retired Persons, its early shady dealings, and how it transformed itself into an effective, responsible organization

Challenge your brain with these fun and engaging word puzzles from one of America's most trusted senior resource, AARP. More than 40 puzzles with engaging themes from pop culture, sports, and world history. Specially designed for easy reading. 96 pages

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***One Nation under AARP The Fight over
Medicare, Social Security, and America's
Future Univ of California Press***

Retooling for an Aging America

***UnMasking Alzheimer's: The Memories
Behind the Masks***

***Oversight Hearing on the Community
Services Employment Program for Older
Americans***

***Navigating Your Later Years For Dummies
The AARP***

Old Records Never Die

Social Security For Dummies

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The ABA Checklist for Family Heirs is a wonderful tool for anyone needing assistance in organizing information for heirs. The book, which comes complete with a CD of documents that can be modified according to one's needs, includes the following checklists: personal history; family history; insurance; benefits for survivors; banking and savings; investments; real estate; debts; wills and trusts; and final wishes. Includes booklet entitled: Choose your own bookbinding adventure.

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As the first of the nation's 78 million baby boomers begin reaching age 65 in 2011, they will face a health care workforce that is too small and woefully unprepared to meet their specific health needs. Retooling for an Aging America calls for bold initiatives starting immediately to train all health care providers in the basics of geriatric care and to prepare family members and other informal caregivers, who currently receive little or no training in how to tend to their aging loved ones. The book also

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recommends that Medicare, Medicaid, and other health plans pay higher rates to boost recruitment and retention of geriatric specialists and care aides. Educators and health professional groups can use Retooling for an Aging America to institute or increase formal education and training in geriatrics. Consumer groups can use the book to advocate for improving the care for older adults. Health care professional and occupational groups can use it to improve the quality of health care jobs.

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**The Essential Guide to Wills, Trusts, and
Your Personal Legacy**

Keep the Memories, Lose the Stuff

**The Fight over Medicare, Social Security,
and America's Future**

**A Practical Guide to Freeing the Artist
Within**

SEC Docket

**Your Weight-Loss Plan for a Flat Belly,
Optimum Health & a Body You'll Love at
Midlife and Beyond**

AARP Meditations for Caregivers