

Boomers

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The Sandwich Generation

The Baby Boomer's Guide to Nursing Home Care

by Eric M. Carlson
and Katharine Bau Hsiao. 2006.

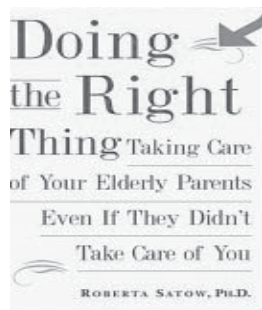
How to: choose the right nursing home; effect a smooth transition; ensure quality care; know your legal rights; resolve disputes. From the National Senior Citizen's Law Center.

The Comfort of Home for Parkinson Disease: A Guide for Caregivers

by Maria M. Meyer and Paula Derr; with Susan C. Imke. 2007. The day-to-day issues confronted by Parkinson patients and their caregivers. This is part of a "Comfort of Home" series.

Doing the Right Thing: Taking Care of Your Elderly Parents Even If They Didn't Take Care of You

by Roberta Satow. 2005.
Caregiving as a developmental stage that provides an opportunity to work out unresolved issues from childhood.



The Emotional Survival Guide for Caregivers:

Looking after Yourself and Your Family While Helping an Aging Parent

by Barry J. Jacobs. 2006.
Urges readers to be honest about the level of commitment they're able to make and emphasizes the need for clear communication within the family. Helps caregivers reaffirm emotional connections worn thin by the routine of daily care.

The Hard Questions for Adult Children and Their Aging Parents: 100 Essential Questions for Facing the Future Together, with Courage and Compassion

by Susan Piver. 2005.
100 key questions that elderly parents and their offspring should discuss while it is still possible. Topics include finances, health, legal paperwork to emotional concerns and spiritual preferences.

The House on Beartown Road: A Memoir of Learning and Forgetting

by Elizabeth Cohen. 2003.

The author holds down a job while caring for both her baby and her father. Her daughter learns things and her father forgets them. One day he looks at her and says, "I am not sure who you are, or why you have been so nice to me."

Kiplingers Financial Solutions for the Sandwich Generation: Ensuring You Have Enough for You, Your Children, and Your Parents

by Kiplinger, Kiplinger's Personal Finance, Magazine. 2006.

The Money Doctor's Guide to Taking Care of Yourself When No-one Else Will

by W. Neil Gallagher. 2006.
Uses professional and personal experiences to show how Boomers can care for themselves and their loved ones.

Mothering Mother: A Daughter's Humorous and Heartbreaking Memoir

by Carol D. O'Dell. 2007.
Chronicles the author's decision not to put her mother, who has Alzheimer's and Parkinson's disease, in "one of those homes" and the consequences this choice has on her entire family.

Together Again: A Creative Guide to Successful Multigenerational Living

by Sharon Graham Niederhaus and John L. Graham. 2007.
Proximity and privacy; remodeling to accommodate adult children or elderly parents; cultural stigmas about independent living; financial & legal planning; making co-habitation agreements.

Walking on Eggshells: Navigating the Delicate Relationship Between Adult Children and Their Parents: Effects on Work and Wellbeing

by Margaret B. Neal. 2006.
Overcoming outdated patterns of behavior and forging new relationships based on mutual understanding and growth.

Civic Engagement

50+: Igniting a Revolution to Reinvent America

by Bill Novelli. 2006.

The CEO of AARP addresses the enormous impact that the Baby Boomers will have on family life, healthcare, work, and the economy. He provides policy recommendations for transforming healthcare, advocating for the aging population, and more.

Finding Meaning in the Second Half of Life: How to Finally, Really Grow Up

by James Hollis. 2005.

Adulthood is rarely the respite of stability that we expected it to be. Turbulent emotional shifts can take place when we question the choices we've made and realize our limitations. Jungian analyst James Hollis explores how we can grow to fully become ourselves when the traditional roles of adulthood aren't quite working for us.

50 Things to Do When You Turn Fifty: Fifty Experts on the Subject of Turning Fifty

edited by Ronnie Sellers et.al. 2005. Contributors include Erica Jong, Harold Kushner, Suze Orman, and Garrison Keillor.

How to Make the Rest of Your Life the Best of Your Life by Mark Victor Hansen and Art Linkletter. 2006.

Strategies, self-tests, worksheets, and dozens of inspiring stories to help find greater purpose and passion in what we do.

Inventing the Rest of Our Lives: Women in Second Adulthood

by Suzanne Braun Levine. 2005

Using individual stories, Levine demonstrates what happens when women reconsider their work, their lives, their relationships, and their passions. The results are often unpredictable, sometimes disconcerting, but also positive and reaffirming.

Kiss Tomorrow Hello: Notes from the Midlife Underground by Twenty-five Women over Forty

edited by Kim Barnes and Claire Davis. 2006

"This is a diverse and satisfying mixture of midlife stories from urban, suburban, and rural writers who, through the more lucid self-awareness and self-acceptance that comes with growing older, have come to terms with considerable challenges, including poverty, illness, addiction, and sexual abuse." (From Library Journal)

Leap!: What Will We Do with the Rest of Our Lives?

by Sara Davidson. 2007.

The author of *Loose Change* collects the experiences of real people—famous and not—to explore how Baby Boomers will live the second half of their lives. True to character, they will approach these years differently from previous generations and there will be no single path. Some will feel free for the first time to take risks; others will embark upon a spiritual search; some will want to give back, to make the world a better place; others will want to play or make creativity a priority...Davidson holds up a mirror for readers, allowing them to see not only themselves and those around them, but their potential future. (From the Publisher)

The Open Road [DVD]: America Looks at Aging / a production of the Documentary Center at the George Washington University in association with Oregon Public Broadcasting. 2005 This PBS documentary probes the social, economic, and cultural issues that will result when America's 77 million Baby Boomers retire. THE OPEN ROAD will help Americans from all walks of life gain understanding of the importance of this imminent demographic change and to begin planning for the challenges and obstacles that must be overcome to successfully shape America's future into the first half of the 21st century.

Internet Links

**Academy for Lifelong Learning
at Carnegie Mellon University**
www.cmu.edu

**Center for Healthy Aging
at the University of Pittsburgh**
www.healthyaging.pitt.edu

Pittsburgh Oasis
www.oasis.org

Pennsylvania Senior Games
www.keystonegames.com

**Osher Institute for Lifelong Learning
at the University of Pittsburgh**
www.cgs.pitt.edu

**Retired and Senior Volunteer Program
of Allegheny County**
www.seniorservice.org

Recareering

50+: Igniting a Revolution to Reinvent America

by Bill Novelli with Boe Workman;
foreword by Steve Case. 2006.

225 Best Jobs for Baby Boomers

by Michael Farr and Laurence Shatkin. 2007.

The Baby Boomer's Guide to the New Workplace

by Richard Fein. 2006.

Encore:

Finding Work That Matters in the Second Half of Life

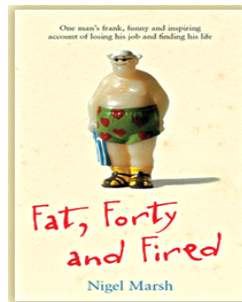
by Marc Freedman. 2007.

Expert Resumes for Baby Boomers

by Wendy S. Enelow. 2006.

Fat, Forty, Fired: One Man's Frank, Funny, and Inspiring Account of Losing His Job and Finding His Life

by Nigel Marsh. 2007.



Finding a Job after 50: Reinvent Yourself for the 21st Century
by Jeannette Woodward. 2007.

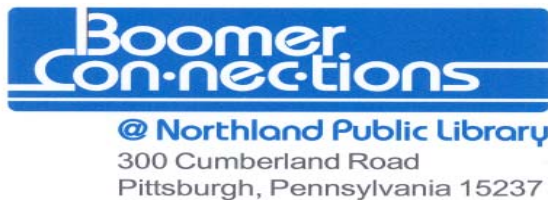
How to Find a Job after 50: From Part-time to Full-time, from Career Moves to New Careers
by Betsy Cummings. 2005.

Resumes for the 50+ Job Hunter, 2nd edition
by Editors of VGM Career Books. 2003.

Seniors' Rights: Your Guide to Living Life to the Fullest
by Brette McWhorter Sember. 2006.

Thinking about Tomorrow: Reinventing Yourself at Midlife
by Susan Crandell.
Request on interlibrary loan.

You Can Do It!: The Boomer's Guide to a Great Retirement
by Jonathan D. Pond. 2007.



Boomer Connections is an initiative organized by NPL staff to develop innovative, model programs that target services and resources to connect active "boomer" adults with new opportunities for learning, work, community service, and social interaction. For more information, upcoming events, books and web links, please visit our website through www.northlandlibrary.org or contact Jane Jubb at 412-366-8100, x113 or emailjubbj@einetwork.net.

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