Grandparenting

The modern grandparent's handbook: the ultimate guide to the new rules of grand parenting - Witkin, Georgia. LG-PT 306.874 W

Travel scrapbooks: creating albums of your trips and adventures - Memory Makers Books. OV 745.593 T

World War II for kids: a history with 21 activities - Panchyk, Richard. J 940.53 P

The little big book for grandmothers: fairy tales, poetry, nursery rhymes, songs, stories, activities, games, recipes - Tabori, Lena. 306.87 T

Astronomy for all ages: discovering the universe through activities for children and adults - Harrington, Philip S. J 520 H

Grandfather tales: American-English folk tales - Chase, Richard. J 398.2 C

The tsunami quilt: Grandfather's story - Fredericks, Anthony D. JE FREDE

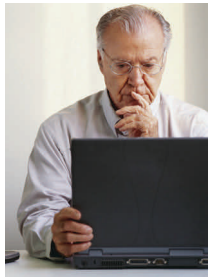
Bein' a grandparent ain't for wimps - O'Connor, Karen. LG-PT 248.8 O

The essential grandparent: a guide to making a difference - Carson, Lillian. 649.1 C

Grandparent poems - Micklos, John. J 821.08 M

Let's talk about living with a grandparent - Kent, Susan. JE 306.87 K

Computer Resources



Our library system website **www.mrlib.org** has links to local history, genealogical sources, newspapers, and many other resources. Simply click on Reference Department on the left hand side, click on *on-line resources* and explore the vast databases we have available. All branches have free internet access for patrons and printing and copy capabilities for a nominal fee.

Living History Resources

Massanutten Regional Library also participates in the Veterans History Project, the Vanishing Farms Project, and the Valley Changes Series. We have oral history audio tapes and printed collected memoirs of our own local veterans and residents. Choose to listen or to participate in any of the above projects by contacting Cheryl Metz at the Main Branch in Harrisonburg 434-4475 x129.

Visit Us!

Log on to www.mrlib.org for branch locations, hours, listing of services, online catalog and more!

MASSANUTTEN REGIONAL LIBRARY

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Main Branch
174 S. Main Street
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Bridgewater Broadway Elkton
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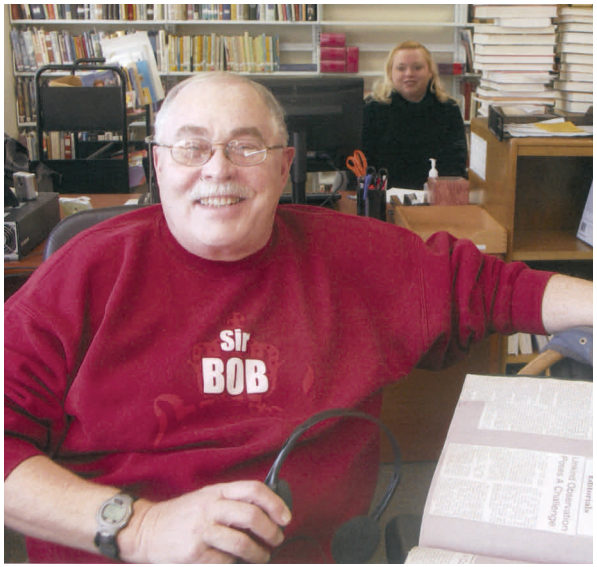
MASSANUTTEN REGIONAL LIBRARY

Senior Services Resource Guide



to library books, CDs, audio/visuals, internet, and reference resources.

August 2012

SENIOR SERVICES RESOURCE GUIDE

Massanutten Regional Library, its seven branches, and its **Adult Outreach Program** can provide numerous resources for our elders and their Activity Directors. Activity Directors can obtain Institution cards which allow them to check out materials for an initial four week period. For patrons who do not have access to these services, we also provide ***Books by Mail.*** To participate in ***Books by Mail***, please call: 434-4475 x133.

Audio and Visual Resources

In addition to over 5,000 music CDs, we offer DVDs, VHS Tapes, books on cassette, CD and MP3, and ebooks. **"Arm Chair Travels"** are popular programs at retirement communities and our audio-visual aids can make them come alive. Books on tape or CD are great not only for those with vision problems, but can be used for "Old-Time" radio programs.

MRL also offers fourteen ***BiFolkal Kits.*** Each kit contains materials for a great activity. For example, our ***Remembering School Days*** kit contains: 1 program manual; 1 VHS (14 min.); 80 slides in carousel; 2 sound cassettes; 25 large-print booklets; 25 large-print poems; 3 large-print skit scripts; 1cap; 1 mortarboard; orange, gasoline, chocolate bar, apple, and pine "scent/sniff" cards; 1 ball and jacks ;12 marbles (in leather bag); 1 pen; 1 slate pencil--all in a navy and blue vinyl bag (30 x 40 x 16 cm.) Other titles include: ***Remembering Home; Remembering Farm Days; Remembering Train Rides; Remembering Work Life; Gone Birding, and more.***

Books, Books & More Books!

In addition to our enormous collection of Large Print books, we also offer books for the seniors and caregivers that cover both serious decision making and fun activities. Some selections in our collection include:

J.K. Lasser's new rules for estate and tax planning: revised edition - Apolinsky, Harold. LG-PT 343.73 A

The trust bible: a quick guide and preliminary understanding of estate planning - Beale, Clifton. 346.73 B

The Arthritis Foundation's guide to pain management - Bernstein, Susan. 616.722 B

Strong women and men beat arthritis: the scientifically proven program that allows people with arthritis to take charge of their disease - Nelson, Miriam E. 616.722 N

Kitchen counter cures - Cicero, Karen. 612.3 C

FitzRay, B. J., - Alzheimer's activities: hundreds of activities for men and women with Alzheimer's disease and related disorders. 616.898 F

Joltin, Adena, M.A. - A different visit: activities for caregivers and their loved one with memory impairments. OV 616.831 J

Frantti, Ann. - Grandma's cobwebs: a story for children about Alzheimer's disease J 618.9 F

The Omega-3 advantage -Napier, Kristine. 615.36 N

How to write your own living will: with forms - Haman, Edward A. OV 344.73 H

An insider's guide to better nursing home care: 75 tips you should know - Reed, Donna M. 362.16 R

How to protect your family's assets from devastating nursing home costs: Medicaid secrets - Heiser, K. Gabriel. 344.73 H

Help, Lord! I'm having a senior moment--again!: laughing through the realities of growing older - O'Connor, Karen. 242.65 O

The third act: reinventing yourself after retirement - Bronfman, Edgar. LgPrt 305.9 B

Computers for seniors and kids of all ages - Labrador Films. DVD 004.6 C v.1-3

AARP genealogy online: tech to connect - Helm, April Leigh. 929.1 H

The AARP retirement survival guide: how to make smart financial decisions in good times and bad - Jason, Julie. 332.024 J

Social security, Medicare & government pensions: get the most out of your retirement & medical benefits - Matthews, J. L. 344.7302 M

Yoga for the young at heart: gentle stretching exercises for seniors - Ward, Susan Winter. 613.7 W

The new love and sex after 60 - Butler, Robert N. 306.7 B

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Adventures in Lifelong Learning®