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- _____ When an Aging Parent Moves In
- _____ 2010 Senior Housing and Services Guide

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- _____ 50 Things Every Caregiver Should Know
- _____ General Caregiving Skills
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- _____ Long Distance Caregiving
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- _____ Support Group Guide
- _____ When An Aging Loved One Resists Care
- _____ When Employees Become Caregivers – A Manager’s Workbook
- _____ You and Your Family

DEATH & DYING

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- _____ Choosing Hospice: A Consumer Guide
- _____ Cremation: A Choice with Many Options
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- _____ End of Life Decisions
- _____ Final Details: A Helpful Guide for Survivors When Death Occurs
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- _____ Hard Choices for Loving People
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- _____ Straight Answers About the Funeral
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- _____ When an Employee Loses a Loved One
- _____ Why Pre-arranged Funerals

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- _____ At the Crossroads: A Guide to Alzheimer’s Disease , Dementia and Driving
- _____ Can Alzheimer’s Be Prevented?
- _____ Caring for a Person with Alzheimer’s
- _____ Caring for a Person with Memory Loss and Confusion
- _____ Early Stages of Memory Loss
- _____ Home Safety for People with Alzheimer’s Disease
- _____ Hospitalization Happens: A Guide to Hospital Visits for People with Memory Loss
- _____ Learning About Alzheimer’s Disease
- _____ Legal and Financial Planning for People with Alzheimer
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- _____ Preventing Wandering and Getting Lost
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- _____ Steps to Caring for a Person with Late-Stage Alzheimer’s Disease
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- _____ Steps to Understanding Challenging Behaviors in a Person with Alzheimer’s
- _____ Ten Helps for the Alzheimer’s Family
- _____ An Introduction to Lewy Body Dementia
- _____ Alzheimer’s: A Guide for Law Enforcement Officials

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- _____ Black Cloud/Sunny Days
- _____ Dealing with Depression
- _____ Depression in Older Adults
- _____ Depression – Treatment Brings New Hope
- _____ How to Recognize Depression and Get Help
- _____ How to Talk to Your Doctor About Depression
- _____ Recognizing Panic Disorder

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- _____ Grandparenting – The Joys and Challenges
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- _____ Grandparents Guide to Navigating the Legal System
- _____ Grandparents Raising Their Grandchildren
- _____ Help Every Generation Care for Kids
- _____ Kinship Caregiver Resource Manual
- _____ Legal Steps: A Resource Guide of Information for Grandparents and Others Who Raise Relative’s Children
- _____ Tips for Grandparents: Raising Healthy Grandchildren

HEALTH

- _____ A Guide for Understanding and Overcoming Insomnia
- _____ All About Blood Pressure
- _____ Backaches
- _____ Breast Cancer Network – Questions and Answers
- _____ Check for Safety: A Home Fall Prevention Checklist
- _____ Check It Out – Some Things You Can Do to Reduce Your Risk of Falling
- _____ Cholesterol, Blood Pressure and Weight Tracking
- _____ Choosing a Doctor
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- _____ Diabetes and Your Feet
- _____ Diabetes: Be Good to Your Feet
- _____ Diabetes: Are You At Risk
- _____ Diabetes Can Harm Your Vision
- _____ Don’t Mix and Match Your Meds
- _____ Easy Food Tips for Heart Healthy Eating
- _____ Eating Right for a Healthy Body Weight
- _____ Equipment Loan Program
- _____ Facts on Diabetes and the Foot
- _____ Falls and Older Adults
- _____ Flu Shots
- _____ Home Safe Home – How to Prevent Falls in the Home
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- _____ Keep Active: Get Movin at 50 Plus
- _____ Living with Diabetes
- _____ Love For The Sun is Ageless

- _____ Managing Incontinence and Toileting Issues
- _____ Medicine & You: A Guide for Older Americans
- _____ Non-Prescription Medicines – What’s Right for You
- _____ Pap Tests – A Healthy Habit For Life
- _____ Pep Up Your Life
- _____ Sinus Trouble
- _____ Stroke is a Brain Attack
- _____ Taking Charge of your Health
- _____ Talking with Your Doctor
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- _____ Treating Pressure Sores
- _____ Understanding and Controlling Cholesterol
- _____ What You Can Do to Prevent Falls
- _____ Who Cares: Sources of Information About Health Care Products and Services

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- _____ Aging and Hearing
- _____ Aging and Vision
- _____ Cataracts in Adults
- _____ Consumer Guide to Hearing Aids
- _____ Facts About Hearing Loss
- _____ Hearing Loss and Seniors
- _____ Protecting Your Eyes for a Lifetime of Good Vision
- _____ Vision Loss Is Not a Normal Part of Aging – Open Your Eyes to the Facts!

LEGAL

- _____ Giving Voice on Elder Abuse
- _____ Got Questions About Your Legal Rights
- _____ Maltreatment of Vulnerable Adults
- _____ Older Americans, Know Your Rights About Services
- _____ Probate and Planning – A Guide to Planning for the Future
- _____ Public Benefits That Can Help Minnesota
- _____ Reporting Vulnerable Adult Maltreatment
- _____ Senior Law Project of St. Cloud Area Legal Services
- _____ Senior Legal Rights
- _____ Vulnerable Adult Reporting

MEDICARE

- _____ Medicare Hospice Benefits
- _____ Medicare & Other Health Benefits: Your Guide to Who Pays First
- _____ Medicare and Other Health Insurance As You Retire
- _____ Medicare Patients Rights
- _____ Managing Your Health Care Options
- _____ 9 Ways to Get the Most from Your Managed Care Plan

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- _____ A Personal Primer on Money Management
- _____ A Single Person's Guide to Retirement Planning
- _____ Ask Mary Jane*
- _____ Entitlements: What You Need to Know
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- _____ How to Stay Employable – Guide for the Middle and Older Workers
- _____ Low Cost Home Improvement Loans – Do It With MHFA
- _____ Money Matter – Your Guide for Financial Security
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- _____ Planning Ahead
- _____ Planning Your Retirement
- _____ Private Pensions
- _____ Probate and Planning – A Guide to Planning for the Future
- _____ Retirement Planning: The Source for Consumer Information
- _____ Reverse Mortgage Primer
- _____ Tips on Home Improvement – Get the Facts Before a Bad Loan Gets You
- _____ Using Credit Wisely
- _____ Your Retirement
- _____ Working Options for Older Adults

SOCIAL SECURITY

- _____ Social Security Disability Benefits
- _____ Social Security and Medicare
- _____ Social Security and Retirement Benefits
- _____ Social Security and Survivors Benefits
- _____ Social Security: Understanding the Benefits
- _____ What Every Woman Should Know
- _____ What You Need to Know When You Get Social Security Benefits

MISCELLANEOUS

- _____ Adapting to Age
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- _____ Fire Safety and Checklist for Older Consumers
- _____ Five Wishes
- _____ Gambling Among Older Adults
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- _____ ID Theft and What's It All About
- _____ It Could Happen to Me: Family Conversations About Disaster Planning
- _____ Letting Go of What We Have To As We Grow Older

- _____ Life Transitions: The Source for Consumer Information
- _____ Minnesota Car Laws
- _____ MN Health Care Directive
- _____ Preventing Fraud
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- _____ Reducing Junk Mail and Sales Calls
- _____ Resources for Seniors Directory - \$5.00
- _____ Scam Artists
- _____ Senior Guide to Fighting Fraud
- _____ Telemarketing Fraud
- _____ The Phone Handbook
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- _____ Tired of Receiving Unwanted Credit Card Offers
- _____ Top 12 Questions and Answers about Charities
- _____ Unordered Merchandise

6/1/10

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- 1 5 Steps for Living with Arthritis
- 2 A Road Map to Home and Community Service for People Who Need Long-Term Care
- 4 Aging and Adult Services
- 5 Aging Insights:
 - 5A Advanced Directive & Ethical Issues (2)
 - 5B Alzheimer's Disease – Part I & 2 (2003)
 - 5C Alzheimer's Disease – Part 1 & 2 (2004)
 - 5D Aromatherapy
 - 5E Caregiver Resources
 - 5F Chemical Dependency in Older Adults (2)
 - 5G Depression
 - 5H Driver Review Program
 - 5I Elder Network/Caregiver Role
 - 5J End of Life Decision with Dr. Pat Lalley
 - 5K Fair Housing
 - 5L Foster Grandparent Program/RSVP (2)
 - 5M Funeral Planning
 - 5N Grief and Loss
 - 5O Guardianship/Conservatorship/Planning for Incapacity
 - 5P Hiring and Managing Home Health Caregivers (2)
 - 5Q Home & Travel Safety
 - 5R Hospice and Home Health Care (2)
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 - 5T Legal Issues
 - 5U Long Term Care Insurance (2)
 - 5V Making Choices about Living Arrangements
 - 5W Medicare
 - 5X Medicare/Social Security Benefits (2)
 - 5Y Medication Options
 - 5Z Nutrition
 - 5A1 Nutrition: How to Make Senior Diets More Interesting and Appealing (2)
 - 5B2 Options for Keeping People at Home Longer
 - 5CE Organ Donations
 - 5D4 Parkinson's Disease
 - 5E5 Payment for LTC Services
 - 5F6 Roles and Resources of Caregiving
 - 5G7 Veterans Administration Benefits (2)
 - 5H8 Vision Issues in the Elderly –What Caregivers Need to be Aware of
- 6 Alternatives to Salt and Pepper
- 7 Alzheimer's Disease & Dementia – Practical Tips for More Effective Management
- 8 Alzheimer's Disease – Living In The Here and Now
- 9 American's Maturing Majority
- 10 The Family Guide to Alzheimer's Disease
 - 10A Behavior Issues
 - 10B Understanding Alzheimer's
 - 10C Daily Life
 - 10D Family Caregiving

- 10E Transitions
- 10.5 Anyone Can Fall – DVD (6)
- 11 Arthritis: Strategies for Independence and Quality of Life
- 12 Ask the Dietitian
- 13 Assistive Devices
- 14 Be Informed, Be Aware, and Be Involved (3)
- 15 Best Practice for Senior Series – Substitute Decision Making (3)
- 16 Billing Waivered Services to DHS
- 17 Black Cloud, Sunny Days: Depression Intervention Resources
- 18 Breast Cancer Survivors & The Men Who Love Them
- 19 Caregivers – Giving Care, Taking Care
- 20 Caregiver Support & Respite
- 21 Case Management Training:
 - 21A Assessment: Appraisal, Evaluation & Analysis
 - 21B Creating the Plan of Action to Support Community Living
 - 21C Creating the Plan of Action for People with Higher Needs
 - 21D Informed Choice and Risk Management in Senior Services
 - 21E Purchasing Elderly Waiver and Alternative Care Services
- 22 Consumer Directed Consumer Supports - parts 1, 2, 3
- 23 Coping with Disasters
- 24 Communication: Cultural Competence
- 24.5 Consumer Directed Services in a Medical Assistance Program – (2) DVD
- 25 Deaf/Hard of Hearing Supporting Self-Sufficiency and Quality of Life (2)
- 26 Decisions To Be Made (2)
- 27 Decoding Food Labels – What’s In My Food Anyway? (2)
- 28 Designs for Living – Overview of a Model Home Adapted for Elderly or Disabled
- 29 Disabled and Elderly People in a Disaster
- 30 Eating to Control Cholesterol, Heart Disease & Stroke
- 31 Elder Abuse and Neglect
- 32 Elder Parent Care: The Family Meeting
- 33 Enhancing Self-Sufficiency Through Adaptive Equipment & Home Modifications
- 34 Enhancing Quality of Life for Seniors – Vision Care (2)
- 35 Ethic Committee – Allies in Long Term Care
- 35.5 Falls Prevention – DVD (2)
- 35.9 Five Wishes – DVD – Way of planning & discussing care at the end of life.
- 36 Food & Arthritis
- 37 Food Safety: Is Your Food “Bugged” with Bacteria
- 38 Get Me Out of the Kitchen, Quick!
- 39 Get Moving – Exercise Made Easy
- 40 Grown Up Tears – Adults Grieving the Death of a Parent
- 41 HCFA – Medicare: Managed Care
- 42 Help! I’m A Caregiver
- 42.1 Helping Families Care For Older Adults
- 42.2 Helping Families Care For Older Adults - DVD
- 43 Home Sweet Home – How to Help Older Adults Live Independently
- 44 Homes Plus (4)
- 45 Housing Options
- 46 How to Access Community Resources
- 47 How to Care for Aging Parents and You

- 48 How To Provide Care at Home
- 48.5 Identification and Management of Depression in Older Adults
- 49 Identify Alzheimer’s Disease (2) (Located on Bottom Shelf)
- 50 I’m Too Young to Feel This Old – Part I and Part II
- 51 Increasing Senior Self-Sufficiency Through Home Modification
- 51.5 Invest in Independence – DVD – Disability Services Division
- 52 In Your Hands
- 53 Is It Normal Aging or Is It Cancer
- 53.5 Just in Case: Emergency Readiness for Older Adults and Caregivers
- 54 Learning About Heart Attacks
- 55 Life’s Journey’s: Coping With Cancer
- 56 Living at Home Block Nurse Program
- 57 Long Term Care – Avoiding Family Crisis
- 58 Long Term Care Private Financing Options (2)
- 59 Long Term Care Reform Briefing
- 60 Looks Okay, Smells Okay, Is It?
- 60.5 Love of Car: Transportation as We Age
- 61 Managed Care
- 62 Managing Urinary Continence in Older Adults (2)
- 63 Many Faces of Depression
- 64 Medicare Modernization Act
- 65 Medicare: Take Care of It So It Can Take Care of You! (3)
- 66 Mind, Body, and Soul...the Many Faces of Depression (Part I and II)
- 67 Mini-Mental State Examination
- 68 Minority: No Shortcuts (includes study guide)
 - 68A Multicultural
 - 68B African American
 - 68C Asian/Pacific
 - 68D Chicano/Latino
 - 68E Native Americans
- 69 Mixing Food and Medicines
- 70 Neighbors Helping Neighbors (2)
- 71 Not Alone Anymore – Care for Someone with Alzheimer’s
- 72 Nutrition and You
 - 72A Diabetes: Do You Have It & Don’t Even Know It
 - 72B Eating Healthy When Eating Out
 - 72C Fiber & Water: Essential, Yet Often Ignored
 - 72D Food For Thought: Lowering Cancer Risks
 - 72E Getting Started to a Healthier You
- 73 Options for Seniors to Direct Their Own Health Care
- 74 Our Aging Communities
 - 74A Purpose, Meaning & Well-being in Late Life
 - 74B Life as a Spiritual Journey: The Hindu Conception of Aging
 - 74C Mothers, Grandmothers & Great-grandmothers in African American Families
 - 74D The “New” Elders in Native American Communities
 - 74E Successful Aging in the Hispanic Community
- 75 Planning Ahead Preplanned Funerals
- 76 Portraits of Assisted Living

- 77 Prescriptions Drug & Other Assistance Programs
- 78 Problems of Nutrition for the Elderly
- 79 Quality Improvement Strategies in Senior Services
- 80 Seniors On The Safe Side
- 81 Shingles
- 82 Sizing Up the Possibilities–Making Wiser Choices for Long Term Care (2)
- 83 Spousal Bereavement
- 84 Spotlight on Caregiving
- 84.A Stay Well, Stay Working - DVD
- 84.1 Steps Against Recurrent Stroke - DVD
- 84.5 Straight Talk About Mental Illness
- 85 Supporting Informal Caregiving – Part 1 & 2 (2)
- 86 Standing Up to Osteoporosis
- 87 Stroke: Family Support
- 88 Survival Tips for New Caregivers
- 89 The Blues: Not a Normal Part of Aging (2)
- 90 The Brain at Risk – Understanding and Preventing Stroke
- 91 The Educated Caregiver
 - 91A Coping Skills
 - 91B Essential Knowledge
 - 91C Hands on Skills
- 92 The Family Guide to Long Term Care:
 - 92A Financial Planning
 - 92B Getting Started
 - 92C Legal Issues
 - 92D Making the Right Choice
 - 92E Staying Involved
 - 92F Understanding Long-Term Care Insurance
- 93 The Nevco System – Home Health Agencies
- 94 There’s No Place Like Home
- 95 There’s No Time Like Today
- 96 To Your Health! Food Safety for Seniors
- 97 Too Care: A Portrait of Three Older People
- 98 Tools for Success
- 99 Transportation Solutions for Caregivers
- 100 Vulnerable Adult Training (4)
- 101 Vulnerable Adults: Best Practice for Seniors
- 102 What Do I Do Now – Tips for Guardians
- 103 What’s the Beef About Red Meat?
- 104 When Your Parent Needs You
- 105 Who Get’s Grandma’s Yellow Pie Plate & Training manual
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