

Healthy Aging

On this resource list:

Alzheimer's Association Publications

Aging

- Articles, Journal
- Books
- Web Resources

Brain Health

- Articles, Journal
- Books
- Games – Software & Reviews
- Games - Online
- News Sources
- Web Resources

Brain Health Curricula & Programs

- Articles, Journal
- Web Resources

Brain Health for the Person with Early Stage Alzheimer's Disease

- Books and Book Chapter
- Web Resources

Clinical Research

- Articles, Journal
- Book
- Web Resource

Alzheimer's Association Publications

Brain health (web page).

Chicago, IL: Alzheimer's Association National Office.

Contains report, [The Healthy Brain Initiative: A National Public Health Road Map to Maintaining Cognitive Health](#), and [Inside the Brain: An Interactive Tour](#), information on making brain healthy choices, disease risk factors you can't control, and the science behind these recommendations.

http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp

Maintain your brain (brochure).
Chicago, IL: Alzheimer's Association National Office, 2006.
Cost: Single copy free
(800) 272-3900
http://www.alz.org/national/documents/brochure_maintainyourbrain.pdf

Aging

Articles, Journal

2008 AARP-UN briefing series on global aging: opportunities and challenges for an aging world. *AARP International: The Journal*. Sum 2008, pp. 96-103.
http://www.aarpinternational.org/usr_doc/TheJournal_summer08.pdf
Green-Field Library does not own.

Barondess, J.A. Toward healthy aging: the preservation of health. *Journal of the American Geriatrics Society*. Jan 2008; vol. 56(1), pp. 145-148.
Green-Field Library owns.

Buettner, D.; Ferebee, S. Living healthy to 100: a remarkable group of centenarians living on Costa Rica's Nicoya Peninsula share their secrets. *AARP The Magazine*. May-Jun 2008; 51(3A), pp. 48-51, 68.
Green-Field Library owns.

Chodzko-Zajko, W.; Beattie, L.; Show, R.; et al. Qi gong and tai chi: promoting practice that promotes healthy aging. *Journal on Active Aging*. Sep-Oct 2006; vol. 5(5), pp. 50-54+.
<http://www.fitness.gov/enewsletter/Spring08-featurearticle.html>
Green-Field Library does not own.

Cullinane, P. Late-life civic engagement enhances health for individuals and communities. *Journal on Active Aging*. Nov-Dec 2006; vol. 5(6), pp. 66-73.
Green-Field Library does not own.

Docksai, R. How to live beyond 100. *The Futurist*. Nov-Dec 2008; vol. 42(6), p. 12.
Green-Field Library does not own.

Dwyer, J. Starting down the right path: nutrition connections with chronic diseases of later life. *American Journal of Clinical Nutrition*. Feb 2006; vol. 83(2), pp. 415S-420S.
<http://www.ajcn.org/cgi/content/full/83/2/415S>
Green-Field Library does not own.

Kennedy, E.T. Evidence for nutritional benefits in prolonging wellness. *American Journal of Clinical Nutrition*. Feb 2006; vol. 83(2), pp.410S – 414S. <http://www.ajcn.org/cgi/content/full/83/2/410S>
Green-Field Library does not own.

Lang, J.E.; Anderson, L.; LoGerfo, J.; et al. Prevention Research Centers Healthy Aging Research Network. *Preventing Chronic Disease*. Jan 2006; vol. 3(1), pp. A17.
“The Prevention Research Centers Healthy Aging Research Network (PRC–HAN), funded by the Centers for Disease Control and Prevention's (CDC's) Healthy Aging program, was created in 2001 to help develop partnerships and create a research agenda that promotes healthy aging.”
http://www.cdc.gov/pcd/issues/2006/jan/05_0054.htm
Green-Field Library does not own.

Redford, G.D. 9 reasons to start a fitness plan. *AARP The Magazine*. Jul-Aug 2006; vol. 49(4A), pp. 28, 31.
Green-Field Library owns.

Saltzman, E. Nutrition in disease prevention & treatment. *Caring*. Aug 2002; vol. 21(8), pp. 22-24.
Green-Field Library owns.

Shelley, L.A. Dr. Gene Cohen on whether old dogs can learn new tricks. Answer: yes! *Journal of Financial Planning*. Apr 2007; vol. 20(4), pp. 20-23.
Green-Field Library does not own.

Weil, A. Truth about the fountain of youth. *AARP The Magazine*. May-Jun 2007; vol. 50(3A), pp. 40-41.
Green-Field Library owns.

Books

Beare, S. *50 secrets of the world's longest living people*.
New York, NY: Marlowe & Co., 2006. ISBN: 1569243484.
Green-Field Library does not own.

Carmel, S.; Morse, C.A.; Torres-Gil, F.M. (eds.). *Lessons on aging from three nations: volume 1: the art of aging well*.
Amityville, NY: Baywood Publishing, 2007. ISBN: 0895033704.
Green-Field Library does not own.

Kandel, J.; Adamec, C. *Encyclopedia of senior health and well-being*.
New York, NY: Facts on File Library of Health and Living, 2003. ISBN: 0816046913.
Green-Field Library Call No.: WT 13 K16e 2003

Morley, J.E.; Colberg, S.R. *Science of staying young: 10 simple steps to slow the aging process.*

Dubuque, IA: McGraw-Hill Contemporary Learning, 2007. ISBN: 0071492836.

Green-Field Library does not own.

Robbins, J. *Healthy at 100: the scientifically proven secrets of the world's healthiest and longest-lived peoples.*

New York, NY: Random House, 2006. ISBN: 0345490118.

Green-Field Library does not own.

Taylor, A.W.; Johnson, M.J. *Physiology of exercise and healthy aging.*

Champaign, IL: Human Kinetics, 2008. ISBN: 0736058389.

Green-Field Library does not own.

Web Resources

Age page: exercise and physical activity: getting fit for life.

Silver Springs, MD: Alzheimer's Disease Education and Referral Center.

A fact sheet on the benefits of keeping in shape, including what you can do, safety tips, and finding more information on exercise.

<http://www.nia.nih.gov/HealthInformation/Publications/exercise.htm>

Healthy aging®.

Unionville, PA: Official site of the Healthy Aging® campaign.

<http://www.healthyaging.net>

Self management: taking charge of your life.

Leawood, KS: FamilyDoctor.org; American Family Physician.

Healthy living ideas and management of chronic illness in light

<http://familydoctor.org/online/famdocen/home/healthy/prevention/785.html>

Brain Health

Articles, Journal

Douglas, K.; George, A.; Holmes, B.; et al. Eleven steps to a better brain. *NewScientist*. May 28, 2005; No. 2501.

<http://www.newscientist.com/channel/being-human/mg18625011.900>

Green-Field Library does not own.

Hendrie, H.C.; Albert, M.S.; Butters, M.S.; et al. NIH Cognitive and Emotional Health Project. Report from the Critical Evaluation Study Committee. *Alzheimer's and Dementia: Journal of the Alzheimer's Association*. Jan 2006; vol. 2(1), pp. 12-32.

An expert panel to the National Institutes of Health suggests a number of promising approaches to maintaining and enhancing cognitive and emotional function.

<http://trans.nih.gov/CEHP/CriticalEvaluationStudyReport.pdf>

Green-Field Library owns.

Needels, T.; Bilanow, T. Power up your brain. *Psychology Today*. Jul-Aug 2002; vol. 35(4), pp. 44-52.

<http://www.psychologytoday.com/articles/pto-20020801-000001.html>

Green-Field Library does not own.

Books

Attitudes and awareness of brain health poll.

New York, NY: ASA-MetLife Foundation.

<http://www.asaging.org/asav2/mindalert/pdfs/BH.pdf>

Green-Field Library Call No.: WL 300 A885 2006

Bloom, F.E.; Kupfer, D.J. *The Dana guide to brain health.*

New York, NY: Free Press, 2002. ISBN: 0743203976.

Green-Field Library Call No.: WL 300 D167 2003

Braverman, E.R. *Younger you: unlock the hidden power of your brain to look and feel 15 years younger.*

New York, NY: McGraw-Hill, 2007. ISBN: 0071605827.

Green-Field Library does not own.

Einstein, G.O.; McDaniel, M.A. *Memory fitness: a guide for successful aging.*

New Haven, CT: Yale University Press, 2004. ISBN: 0300105703.

Green-Field Library Call No.: QP 376 E35 2004

Nelson, A.P.; Gilbert, S. *The Harvard Medical School guide to achieving optimal memory.*

New York, NY: McGraw Hill, 2005. ISBN: 007144470X.

Green-Field Library Call No.: QP 376 N456 2005

Mason, D.; Smith, S. *The memory doctor: fun simple techniques to improve your memory & boost your brain power.*

Oakland, CA: New Harbinger Publications, 2005. ISBN: 1572243708.

Green-Field Library Call No.: WL 300 M38 2005

Gupta, S. *Chasing life: new discoveries in the search for immortality to help you age less today.*

New York, NY: Warner Wellness, 2007. ISBN: 0446526509.

Green-Field Library does not own.

Ramin, C.J. *Carved in sand: when attention fails and memory fades in midlife.*
New York, NY: Harper Collins, 2006. ISBN: 0060598697.
Green-Field Library Call No.: QP 376 R173 2006

Small, G.W. *The memory prescription: Dr. Gary Small's 14-day plan to keep your brain and body young.*
New York, NY: Hyperion, 2004. ISBN: 0786888776.
Green-Field Library Call No.: QP 356 S637 2004

Tan, S.S. *Age-proof your mind: detect, delay, and prevent memory loss-before it's too late.*
New York, NY: Warner Books, 2005. ISBN: 0446533459.
Green-Field Library Call No.: WL 300 T161 2005

Victoroff, J. *Saving your brain: the revolutionary plan to boost your brain power, improve memory, and protect yourself against aging and Alzheimer's.*
New York, NY: Bantam, 2002. ISBN: 2001056732
Green-Field Call No.: WL 300 V646 2002

Games – Software & Reviews

Brain Age.
Kyoto, JP: Nintendo, Inc., 2007.
Determines your “brain age” and provides games to lower your brain age; the goal is to practice daily to get as close to age 20 as possible.
<http://www.brainage.com/launch/index.jsp>

BrainBuilder.
Ogden, UT: ABT Interactive, 2008.
A program that targets working memory; establishes a baseline for storing, processing, and recalling information.
<http://www.brainbuilder.com>

Brain Fitness Program.
San Francisco, CA: Posit Science Corporation, 2008.
An evidence based program focusing on improving hearing, processing language, listening and recall.
<http://www.positscience.com/products>

Greene, K. Putting brain exercises to the test. *The Wall Street Journal.* Feb 3, 2007; sec. R; col. 1, p. 1.
Reviews six brain games.
Green-Field Library owns

Happy Neuron.
Mountain View, CA: Happy Neuron, 2008.
A program that trains for 5 skills likely to decline with age: memory, attention, language, reasoning, and visual/spatial.
<http://www.happy-neuron.com/index.php>

Headstrong Cognitive Fitness.

New York, NY: Headstrong Cognitive Fitness, 2008.

Mental exercise program focusing on speed, attention and concentration, language, memory, and problem solving.

<http://www.headstrongbrain.com>

Loizos, C. Mind games. *Venture Capital Journal*. Aug 1, 2008; vol. 48(8), p. 9.

Describes five companies that have received venture capital for start up games related to brain health.

Green-Field Library does not own.

Luminosity.

San Francisco, CA: Lumos Labs, Inc., 2007.

Brain fitness game for memory – clearer and quicker thinking, increased alertness and awareness, better concentration.

<http://www.lumosity.com>

MemoryLifter.

Houston, TX: LearnLifter, 2008.

A free memorization software program.

<http://www.memorylifter.com>

Mindfit

East Hanover, NJ: CogniFit, Inc., 2006.

Evaluates at baseline for 14 memory and perception skills. targets weaker skills, and then measures over time.

<http://www.e-mindfitness.com>

Mindware forum: software for self-improvement, personal development and success.

Roseville, MN: Mindware, Inc. 2007.

Reviews products related to cognitive enhancement, brain entertainment, stress reductions, mind gadgets, with free downloads, a weekly newsletter with reviews, and more.

<http://www.bruceeisner.com/mindware>

[m]Power. brain fitness for seniors.

Santa Monica, CA: Dakim, Inc., 2006.

Cognitive stimulation exercises with free trial.

<http://www.dakim.com>

MyBrain Trainer.

Los Angeles, CA: MyBrainTrainer, 2008.

Sixteen exercises for quickness, decision making, perceptual acuity, visual recognition, memory and mental ability – measures reaction time.

<http://www.mybraintrainer.com>

Sharpbrains.

San Francisco, CA: SharpBrains, 2008.

“A market research and advisory company focused on providing high-quality, research-based, information and guidance to navigate the brain training and cognitive fitness market.” Includes market reports, research, brain exercises, technology products and more.

<http://www.sharpbrains.com>

Games – Online

AARP online games and puzzles.

Washington, DC: AARP.

<http://games.aarp.org>

Brain games.

New York, NY: Prevention.com.

<http://www.prevention.com/cda/categorypage.do?channel=health&category=brain.fitness&topic=brain.games>

Fwend.com.

van Uden, J.

A personal collection of online games, puzzles and educational programs.

www.fwend.com

Third age online games.

New York, NY: ThirdAge.

<http://www.thirdage.com/games>

News Sources

Ault, A. Preventive maintenance for the brain: can exercise or mind games help? A look at the evidence. *Washington Post*. Feb 21, 2006; sec. F, p. 1.

<http://www.washingtonpost.com/wp-dyn/content/article/2006/02/20/AR2006022001001.html>

Green-Field Library does not own.

Baker, B. Games to bridge the gap: new pastimes help connect family members to relatives with dementia. *Washington Post*. Apr 15, 2008; sec. HE, p. 5.

<http://www.washingtonpost.com/wp-dyn/content/article/2008/04/11/AR2008041103487.html>

Green-Field Library does not own.

Belluck, P. As minds age, what's next? Brain calisthenics. *New York Times*. Dec 27, 2006; sec. A, p.1.

<http://www.nytimes.com/2006/12/27/health/27brain.html>

Green-Field Library does not own.

Dembner, A. Little proof that brain exercises can prevent mental decline. *Boston Globe*. Jan 8, 2007; sec. C, p.1.
http://www.boston.com/news/globe/health_science/articles/2007/01/08/little_proof_that_brain_exercises_can_prevent_mental_decline.

Green-Field Library does not own.

Gilchrist, L. Use it or lose it: exercises keep your brain alert. *Houston Chronicle*. Apr 21, 2008; sec. HC, p. 8.

Green-Field Library does not own.

Graham, J. Playing mind games: seniors see improvement in brain-training classes. *Chicago Tribune*. Jan 23, 2007; sec. CTRB pp. 5-6.

Green-Field Library does not own.

Gwinn, E. Mind games. *Chicago Tribune*. Jun 19 2008; sec. CTRB, p.5.

Green-Field Library does not own.

Healy, B. The power of the aging mind. *U.S. News & World Report*.

Nov 12, 2007, vol. 143(17), p. 66

<http://health.usnews.com/articles/health/2007/11/01/the-power-of-the-aging-mind.html>

Green-Field Library does not own.

Scott, M.K. Latest trend for boomers is “brain workouts.” *St. Louis Post-Dispatch*. Jun 30, 2008; sec. H, p. 2.

Green-Field Library does not own

Sullivan, M.G. Higher fitness level may slow brain atrophy in Alzheimer's disease. *Family Practice News*. Sept 1, 2008; vol. 38(17), p. 49.

“The level of fitness was strongly related to volume in the parietal area and also in the hippocampus”. Article is free after registration.

<http://download.journals.elsevierhealth.com/pdfs/journals/0300-7073/PIIS030070730871137X.pdf>

Walker, L. Cross-training you brain to maintain its strength; with video games and computer programs, seniors have fun while keeping their minds fit. *Washington Post*. Sep 12, 2007; sec. H, p. 2.

<http://www.washingtonpost.com/wp-dyn/content/article/2007/09/10/AR2007091001853.html>

Web Resources

Dietary Supplements Information Bureau.

Portland, OR.

“Provides information about the health benefits and responsible use of dietary supplements.”

<http://www.supplementinfo.org>.

Genes, lifestyles, and crossword puzzles: can Alzheimer's disease be prevented.
Washington, DC: National Institute of Aging.
Risk factors, prevention strategies, and cautions to take in order to reduce your risk.
<http://www.nia.nih.gov/NR/rdonlyres/63B5A29C-F943-4DB7-91B4-0296772973F3/0/CanADbePrevented.pdf>

Self improvement sites.
Las Vegas, NV: Mind Media's Life Enhancement Network.
Reviews personal development technologies and includes blogs and comments by topic, and a free newsletter.
<http://selfimprovementsites.com>

Taking control of brain health.
Washington, DC: AARP.
Recommends ways to keep your brain sharp.
<http://www.aarp.org/health/brain/takingcontrol>

Brain Health – Curricula & Programs

Articles, Journal

Masterpiece Living: taking wellness to the next step. *Journal on Active Aging*. Mar-Apr 2006; vol. 5(2), pp. 78-83.
Discusses 7 core components of the Masterpiece Living program.
Green-Field Library does not own.

Milner, J. Recreation and the age wave. *Journal on Active Aging*. Mar-Apr 2007; vol. 6(2), pp. 72-77.
Describes the shift in programming for seniors due to their lifestyles and personal pursuits.
Green-Field Library does not own.

Sikora, S. University of Arizona College of Medicine Optimal Aging Program: stepping in the shadows of successful aging. *Gerontology and Geriatrics Education*. 2006; vol. 27(2), pp. 59-67.
Green-Field Library does not own.

Web Resources

AARP staying sharp program.
Washington, DC: AARP.
<http://www.aarp.org/health/brain/program>

Center for Healthy Aging: model health programs for communities.
Washington, DC: National Council on Aging.
Evidence based programs, model programs, and best practices.
<http://www.healthyagingprograms.org/content.asp?sectionid=8>

Center for Healthy Aging. Health promotion programs for older adults series.
Washington, DC: National Council on Aging.
<http://www.healthyagingprograms.com/content.asp?sectionid=8>

Eating better and moving more.
Miami, FL: National Policy & Resource Center on Nutrition & Aging,
Florida International University.
“A two-step program divided into weeks designed to improve nutrition
and physical activity in older adults.”
http://www.fiu.edu/~nutreldr/STEPS_Program/STEPS_home.htm

Purpose prize: for Americans leading with experience.
San Francisco, CA: The Purpose Prize.
“The Purpose Prize® provides five awards of \$100,000 each to people over
60 who are taking on society’s biggest challenges. It’s for those with the
passion and experience to discover new opportunities, create new
programs, and make lasting change.”
<http://www.purposeprize.com/index.cfm>

Steps to healthy aging.
Miami, FL: National Policy and Resource Center on Nutrition and Aging,
Florida International University.
Factsheets, brochures, and information on the president’s health and fitness
initiative.
http://www.fiu.edu/~nutreldr/STEPS_Program/STEPS_home.htm

Brain Health for Persons with Early Stage Alzheimer's disease

Books and Book Chapter

Bourgeois, M.S. *Memory books and other graphic cuing systems: practical
communication and memory aids for adults with dementia.*
Baltimore, MD: Health Professions Press, 2007. ISBN: 1932529225.
Green-Field Library Call No.: WM 220 B7772 2007.

Einberger, K. *Strengthen your mind: activities for people with early memory loss.*
Baltimore, MD: Health Professions Press, 2007. ISBN: 1932529314.
(layflat)
Green-Field Library Call No.: WL 300 E36 2007

Feinberg, T.E.; Yu, W. *Staying healthy: why good habits count.* IN:
What to do when the doctor says it's early-stage Alzheimer's disease.
Gloucester, MA: Fair Winds Press, 2005. ISBN: 1592331610.
Green-Field Library Call No.: WM 220 F299 2005

Lewthwaite, N.J. *Mental aerobics.*
Victoria, BC: Mental Aerobics, 1993. ISBN: 0969299605.
Useful for the person with early stage while working with another person.
Green-Field Library Call No.: WM 450 L678 1994

Lewthwaite, N.J. *More mental aerobics*.
Victoria, BC: Mental Aerobics, 1993. ISBN: 09699299613.
Useful for the person with early stage while working with another person.
Green-Field Library Call No.: WM 450 L679m 1993

McClellan, L. *Senior smart puzzles: mazes, hidden objects, same/different puzzles*.
Brookings, OR: BookSurge Publishing, 2007. ISBN: 1419646885.
Green-Field Library Call No.: WM 450 M163 2007

McClellan, L. *Senior smart puzzles book 2: mazes, hidden objects, same/different puzzles*.
Brookings, OR: BookSurge Publishing, 2008. ISBN: 1419654659.
Green-Field Library does not own.

Vincent, A.B. *Bite-size piece of my past: writing your life story in digestible chunks*.
Victoria, BC: Trafford Publishing, 2006. ISBN: 1412016800
Green-Field Library does not own.

Web Resources

Alzheimer's Store.
Cumming, GA: The Alzheimer's Store: an Ageless Design Company.
Provides unique products for persons with Alzheimer's disease and caregivers. See especially Memory Stimulation, Books, Activities and Entertainment and Audio and Video on the navigation bar.
<http://www.alzstore.com>

Computer "games" provide mental edge in people with Alzheimer's disease. Nov 15, 2006. New York, NY: Fisher Center for Alzheimer's Research Foundation.
<http://www.alzinfo.org/newsarticle/templates/newstemplate.asp?articleid=199&zoneid=1>

Early stage memory training for dementia.
New York, NY: New York Times Company
http://alzheimers.about.com/od/treatmentoptions/a/memory_training.htm

Mortenson, H.E.; Nielson, G.S. *Guidelines to library services to persons with dementia*. *IFLA Professional Reports*. 2007; Nr. 104.
Includes suggested types of materials for persons with dementia such as illustrated books, books for reading aloud, thematic books, local history, audio books, music, video, computer games, and reminiscence kits.
<http://www.ifla.org/VII/s9/nd1/Profrep104.pdf>

Study suggests people with early AD can still learn. *NIH News*. Jul 2, 2004.
Washington, DC: NIH News, National Institutes of Health, 2004.
<http://www.nih.gov/news/pr/jul2004/nia-02.htm>

Clinical Research

Articles, Journal

Carle, A. More than a game: brain training against dementia. *Nursing Homes*. Aug 2007; vol. 56(8), pp. 22, 24.
Discusses examples of games currently available for long-term care environments.
Green-Field Library owns.

Dowd, S.B.; Davidhizar, R. Can mental and physical activities such as chess and gardening help in the prevention and treatment of Alzheimer's disease? Healthy aging through stimulation of the mind. *Journal of Practicing Nursing*. Fall 2003; 53(3), pp. 11-13. Green-Field Library does not own. Also published in *Caring*. Jun 2004; vol. 23(6), pp. 34-38, 41; quiz 42-43.
Green-Field Library owns.

Everitt, A.V.; Hilmer, S.N.; Brand-Miller, J.C.; et al. Dietary approaches that delay age-related diseases. *Clinical Interventions in Aging*. 2006; vol. 1(1); pp. 11-31.
Green-Field Library does not own.

Friedland, R.P.; Fritsch, T.; Smyth, K.A.; et al. Patients with Alzheimer's disease have reduced activities in midlife compared with healthy control-group members. *Proceedings of the National Academy of Sciences of the United States of America*. Mar 2001; vol. 98(6), pp. 3440-3445.
<http://www.pnas.org/content/98/6/3440.abstract>
Green-Field Library does now own.

Fritsch, T.; Larsen, J.D.; Smyth, K.A. The role of adolescent IQ and gender in the use of cognitive support for remembering in aging. *Neuropsychology, Development, and Cognition. Section B, Aging, Neuropsychology and Cognition*. Jul 2007; vol. 14(4), pp. 394-416.
Green-Field Library does not own.

Fritsch, T.; McClendon, M.J.; Smyth, K.A.; et al. Cognitive functioning in healthy aging: the role of reserve and lifestyle factors early in life. *Gerontologist*. Jun 2007; vol. 47(3), pp. 307-322.
Green-Field Library owns.

Fritsch, T.; Smyth, K.A.; McClendon, M.J.; et al. Association between dementia/mild cognitive impairment and cognitive performance and activity levels in youth. *Journal of the American Geriatrics Society*. Jul 2005; vol. 53(7), pp. 1191-1196.

Green-Field Library owns.

Geller, S.E.; Studee, L. Soy and red clover for mid-life and aging. *Clinacteric: The Journal of the International Menopause Society*. Aug 2006; vol. 9(4), pp. 245-263.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1780039>

Green-Field Library does not own.

Goetzel, R.Z.; Reynolds, K.; Breslow, L.; et al. Health promotion in later life: it's never too late. *American Journal of Health Promotion*. Mar-Apr 2007; vol 21(4), pp. 1-8.

Green-Field Library does not own.

Goldberg, E. ; Beitz, J.M. Aging after retirement: a social psychological process. *Activities, Adaptation and Aging*. 2006; vol. 31(1), pp. 41-54.

Green-Field Library owns.

Jedrziwski, M.K.; Lee, V.M.; Trojanowski, J.Q. Physical activity and cognitive health. *Alzheimer's & Dementia: The Journal of the Alzheimer's Association*. Apr 2007; vol. 3(2), pp. 98-108.

<http://www.ncbi.nlm.nih.gov/pubmed/18379636>

Green-Field Library owns.

Kuh, D. A life course approach to healthy aging, frailty, and capability. *Journals of Gerontology: Series A: Biological Sciences and Medical Sciences*. Jul 2007; vol. 62a(7), pp. 717-721.

“Evidence of the early life origins of the components of frailty suggests that the prevention of frailty in later life may need to start early.”

Green-Field Library owns.

Lindstom, H.A.; Fritsch, T.; Petot, G.; et al. The relationship between television viewing in midlife and the development of Alzheimer's disease in a case-controlled study. *Brain and Cognition*. Jul 2005; vol. 58(2), pp. 157-165.

Green-Field Library does not own.

Morris, M.C. Diet and Alzheimer's disease: what the evidence shows. *MedGenMed*. Jan 15, 2004; vol. 6(1), p. 48.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1140705>

Green-Field Library does not own.

Morris, M.C.; Evans, D.A.; Bienias, J.L.; et al. Dietary niacin and the risk of incident Alzheimer's disease and of cognitive decline. *Journal of Neurology, Neurosurgery and Psychiatry*. Aug 2004; 75(8), pp. 1093-1099.
<http://www.ncbi.nlm.nih.gov/pubmed/15258207>

Green-Field Library does not own.

Morris, M.C.; Evans, D.A.; Tangney, C.C.; et al. Fish consumption and cognitive decline with age in a large community study. *Archives of Neurology*. Dec 2005; vol. 62(12), pp. 1849-1853.

Green-Field Library owns.

Morris, M.C.; Schneider, J.A.; Tangney, C.C. Thoughts on B-vitamins and dementia. *Journal of Alzheimer's Disease*. Aug 2006; vol. 9(4), pp. 429-433.

Green-Field Library owns.

Pope, S.K.; Shue, V.M.; Beck, C. Will a healthy lifestyle help prevent Alzheimer's disease? *Annual Review of Public Health*. Jan 2003; vol. 24, pp. 111-132.

Green-Field Library does not own.

Snowdon, D.A. Healthy aging and dementia: findings from the Nun Study. *Annals of Internal Medicine*. Sep 2, 2003; vol. 139(5 Pt 2), pp. 450-454.

Green-Field Library does not own.

Topp, R.; Fahlman, M.; Boardley, D. Health by aging: health promotion and disease prevention. *Nursing Clinics of North America*. Jun 2004; vol. 39(2), pp. 411-422.

Green-Field Library does not own.

Tyas, S.L.; Snowdon, D.A.; Desrosiers, M.R.; et al. Healthy ageing in the Nun Study: definition and neuropathologic correlates. *Age and Ageing*. Nov 2007; vol. 36(6), pp. 650-655.

Green-Field Library does not own.

Wister, A.V.; Wanless, D. Health profile of community-living nonagenarians in Canada. *Canadian Journal on Aging*. Spr 2007; vol. 26(1), pp. 1-18.

Green-Field Library does not own.

Zandi, P.P.; Anthony, J.C.; Khachaturian, A.S.; et al. Reduced risk of Alzheimer's disease in users of antioxidant vitamin supplements: the Cache County Study. *Archives of Neurology*. Jan 2004; vol. 61(1), pp. 82-88.

Green-Field Library owns.

Book

Post, S.G.; Binstock, R.H. *Fountain of youth: cultural, scientific, and ethical perspectives on a biomedical goal.*

New York, NY: Oxford University Press, 2004. ISBN: 0195170083.

Green-Field Library Call No.: WT 116 F68 2004

Web Resource

Diet and Alzheimer's disease: what the evidence shows.

Morris, M.C.

New York, NY: Medscape, LLC.

This article, posted 1/15/2004, associates diet and risk factors in cardiovascular diseases with dietary practices that may reduce the risk of Alzheimer's. Providing current research on antioxidants, dietary supplements, fat composition, fish and fatty acids, it also makes dietary recommendations. Registration is required in order to access this free article.

<http://www.medscape.com/viewarticle/466037>

Healthy Aging

A selected list of references compiled by

Mary Ann Urbashich, M.A.L.S.

Alzheimer's Association National Office

*Benjamin B. Green-Field National Alzheimer's Library and Resource Center
Chicago, IL 60601*

Reviewed by

Thomas Fritsch, Ph.D.

Center on Age & Community

University of Wisconsin-Milwaukee

Milwaukee, WI 53212

Updated May 2009