

AUDIO CASSETTE SELECTIONS AND ORDER FORM

___ **CCA-239 Caring For The Caregiver** (Vollbrecht)

Caring for a family member is a rewarding and exhausting endeavor, and it is important to be able to take care of you. Learn some ways you can care for yourself or assist in the care of a caregiver.

___ **CCA-256 Visiting the Elderly Shut-in** (DeGidio)

This presentation gives practical examples of how to address the spiritual needs of the elderly shut-in and the visiting minister.

___ **CCA-258 Embracing Change While Ministering to Difficult Personalities** (Glowdowski)

This presentation provides practical guidelines for providing spiritual and personal care to maturing adults with chronic and common emotional problems.

___ **CCA-247 Being Good to Ourselves: Stress Management and Relaxation Techniques** (Gorelick)

Relaxation techniques are taught and stress management tools are discussed to help you become a more active partner in your physical and mental well being.

___ **CCA-238 Ways to Work Effectively With Aging Hispanic Parishioners and Their Families** (Pilmaier, de Anda)

This presentation is for professional and parish staff. The focus is on barriers aging Hispanic community members experience in health care that encompasses physical, emotional, mental and spiritual levels.

___ **CCA-3 Nursing Home Placement - The Family Experience** (Bonjean) - 3 copies

A look at feelings of grief, guilt, anger or loneliness; asking questions about visiting and problems with the nursing home staff, as well as the families' experience of placement and methods of meeting the challenges they face.

___ **CCA-261 Preparing to Say Good-Bye** (Hurst, Perella)

Explore the stages of loss and grief, coping skills, acceptance, end of life issues, funeral planning and sharing last wishes and last words.

___ **CCA-103 Give Us This Day Our Daily Wit** (McBride) - 3 copies

Learn how to have a better life with humor and the value of keeping it in our lives in the later years.

___ **CCA-242 You're Neither Too Young or Too Old** (Ruge)

One stage of life isn't necessarily better than another. Every stage of life can be a good time of life, whether you're young or old.

___ **CCA-240 Aging Can Be Fun** (Ruge)

Take a look at the whole process of aging and the fact that it doesn't have to be a downhill slide but a very productive and happy time of life.

___ **CCA-249 Keynote Presentation: "Embracing Change: The Door to Personal Transformation"** (Glowdowski)

Sr. Barbara Jean Glowdoski addresses how to successfully negotiate life's changes with good physical, spiritual and mental health, thereby opening the door to personal transformation.

___ **CCA-255 Maturity 101** (Glodowski)

This is a “train the trainer” presentation on how to set up a positive plan for lifelong adult development. Topics include fundamental emotional needs of mature adults, common emotional reactions to loss, conducting a “Faith Life Review” and goals of a spiritually helpful relationship.

___ **CCA-250 “It’s a Different Generation!” Understanding Our Grandchildren** (Christ)

Learn how to connect with your grandchild by finding out about their generation and how you can be a supportive companion on their journey to adulthood.

___ **CCA-237 Prayer Among Generations: How You Pray, How I Pray, How We Pray** (Geissler)

Explore how different age groups pray. Listen to new possibilities of connecting with God.

___ **CCA-244 Prayer and Ritual For Those In Extended Care and Group Homes** (DeGidio)

Review the elements of effective liturgy, ritual and prayer in relation to life satisfaction and the spiritual needs of elders in Extended Care and Group Homes.

___ **CCA-259 Praying the Psalms** (Finley)

Deacon Michael Finley gives a history of the Psalms and the “Liturgy of the Hour”, including examples of some Psalms particularly useful to seniors.

___ **CCA-230 Housing Options** (Bruce)

An outline of the options to stay at home or in an apartment responsibly, the kinds of continuing care retirement communities available and the different kinds of assisted living.

___ **CCA-99 The Wise Move - Whose Decision is it Anyway?** (Pfau, Brunner) - 3 copies

Physical, emotional, financial and spiritual considerations to be evaluated prior to a move, to promote successful decision making when planning to move are discussed.

NAME _____ **PHONE NUMBER** _____

ORGANIZATION _____

ADDRESS _____

CITY/STATE/ZIP _____

TAPE NUMBER(S) _____ x **\$7.00** contribution each = \$ _____ total

Make check or money order payable to: Catholic Charities - Ministry on Aging

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