

Welcome the New Year with Fresh Insights

By Lee Reed and Meaghan McMahon

A new year brings new opportunities to learn and grow! It is a great time to explore the multitude of resources that are available on topics like caregiving and how to age in place safely while also remaining meaningfully connected to your community. The trouble is sifting through all this information and selecting the most helpful and high-quality options. Our nursing and social services support team, Lee Reed, R.N. and Meaghan McMahon, LGSW, have compiled a small list of their own favorite resources to help you get started.

Lee's Picks:

- *Age in Place or Find a New Space*, by Carol Chiang (written by an occupational therapist to provide a roadmap for remaining in your home)
- *Aging in the Right Place*, by Stephen Golant (explores how where you live can impact how healthy you are as you age)
- *Aging in Place: Evolution of a Research Topic Whose Time Has Come*: <https://pubmed.ncbi.nlm.nih.gov/22175020/> (an academic and historical perspective on the topic for those interested)

Meaghan's Picks:

- *With a Little Help from Our Friends: Creating Community as We Grow Older*, by Beth Baker (a collection of creative ideas for aging in community that remains relevant today)
- *Validation Techniques for Dementia Care: The Family Guide to Improving Communication*, by Naomi Feil and Vicki de Klerk-Rubin (learn how to communicate effectively with a loved one living with dementia)
- The Family Caregiver Toolbox from the Caregiver Action Network, website resource at: <https://www.caregiveraction.org/toolbox/> (review this comprehensive list of tools to support your caregiving journey)

If any of these resources seem particularly relevant to you, please reach out to Eva to schedule a time to meet with Lee and Meaghan to discuss them further.