San Antonio Public Library
Senior Resource Guide

Presented by

Pannaga Prasad
Librarian
City of San Antonio Public Library
Central Division
210-207-2500

Diana Starrett
Librarian
City of San Antonio Public Library
Central Library
210-207-2500
Welcome to Senior Group Resources

Check out the guide to find resources such as books, audio visual materials, events and many more available at San Antonio Public Library (SAPL). You can also find local resources and web sites that provide links to variety of resources for Senior groups.

Favorite Books

**Everyday Law for Seniors** - Lawrence A. Frolik; Linda S. Whitton
This book is written to inform and assist seniors and those who care for them with the topics ranging from retirement strategies, housing options, and long-term care to federal benefit programs such as Social Security, Medicare, and Medicaid, and ultimately, to end of life decisions.

**T'ai Chi for Seniors** - Philip Bonifonte; Sifu Bonifonte
This book offers you all the information you need to undertake a safe, health-improving exercise regimen. These ancient Chinese exercises help to alleviate the pains of arthritis, fibromyalgia, carpal tunnel syndrome, and many other "senior" diseases.

Audiovisuals- CDs and DVDs

**The art of aging: a doctor's prescription for well-being [sound recording CD]** - Nuland, Sherwin B
This book is for those in their fifties and sixties with an instruction on how to wisely age by physical exercise, maintaining a network of close personal relationships, and being creative.

**Healthy aging: a lifelong guide to your physical and spiritual well-being [Sound Recording- CD]** - Weil, Andrew
This book is based on realistic concepts, has starred reviews, written by America’s best-known complementary care physician offers a convincing portrait of aging as a natural part of life that can be active, productive and satisfying.

Websites

**AARP**
AARP is a non-profit, non-partisan membership organization that helps people 50 and over improves the quality of their lives with leading positive social change and delivering value to members through information, advocacy and service.

**SeniorNet Organization**
SeniorNet is a 501(c) 3 nonprofit organization of computer-using adults, age 50 and older. It offers older adults education for and access to computer technologies to enhance their lives and enable them to share their knowledge and wisdom.

**AssistedLivingSource**
Assisted Living Source offers information about Assisted Living Facilities, Independent Living, Alzheimer's and memory care, Nursing Homes, Retirement Communities and Home Care services.

**HomeCare Profile for Seniors**
Home Care Profile helps finding the right Home Care Service for Seniors. Non-medical personal or companion care or Home Health Care services can help an elderly or disabled person to remain safely in the comfort of their own home for longer.

**Medicare Rights Center for Older Adults**
The Medicare Rights Center works to ensure access to affordable health care for older adults and people with disabilities through counseling, educational programs and public policy initiatives.

**RetireNet**
It the world's leading online retirement resource, offers information on finding the right home has never been faster or easier.

**Medicare Advantage and Prescription Drug Plan sheet**
The link offers information on MedicareHMO about fact sheet with complimentary Medicare HMO e-Newsletter and to find out more on Medicare from MCOL.
Texas Living Will
The Texas Living Will web site a free service created by the Center for Medical Humanities & Ethics at the University of Texas Health Science Center and the Ecumenical Center. The goal in to provide access to primary documents needed for planning wills and medical emergencies.

San Antonio Senior Living Guide
The website gives information for seniors and their families to find housing and care for themselves and their loved ones by providing objective information via free Care Advisor service.

SeniorCare Information
A community on the topic of senior care providing information on home health care, assisted living, hospice and more. MySeniorCare's mission is to support families and their aging loved ones during a highly stressful time as they search for information, resources and providers of senior care.

- MySeniorCare
  This very helpful link offers a free service for Seniors; can speak to a Senior Care Adviser in your local area; Access pre-approved directory of assisted living, independent living, Alzheimer's care, home care, continuing care, retirement communities and nursing homes and more.

- MySeniorCare Home Health Care
  Home care is a great option for aging adults who require assistance with daily tasks and/or medical care. Here you'll find a wealth of resources to help you make informed decisions when seeking care.

- MySeniorCare Assisted Living
  Learn about the many options available in senior housing today. Users can find custom features focusing on everything from retirement communities and adult day care to assisted living facilities and nursing homes.

- MySeniorCare Hospice
  Discover the end of life process and care options for seniors. Users can find custom features focusing on everything from hospice services and palliative care to funeral planning and more.

- Texas Assisted Living
  Find very useful information with this link on the following viewpoints: Texas Assisted Living Facilities by Region; Map of Texas Assisted Living Facilities; Cost of Assisted Living in Texas; Overview of Texas Assisted Living; Assisted Living in Texas Defined; Regulation of Texas Assisted Living; Legislation of Texas Assisted Living Facilities and much more.

- Helping Caregivers Find Financial Assistance for Care
  The goal of this webpage is to help Texas residents understand long term care costs in the state including assisted living, in-home, Alzheimer's and adult day care. It is also to make them aware of the financial assistance programs that help pay for care and options that can reduce the cost of care, prescription drugs and home medical equipment.

- Assisted Living Directory
  You will find very helpful local and state resources available to San Antonio residents and their families to assist with caregiving issues, housing questions for seniors, or conflict/dispute resolution.

Live Well/Age Smart Events

- Seniors’ Mystery Book Club - Desert Lost
- Immunizing Yourself Against Fraud
- Project Linus
- End of Life Planning
- Silver Screens Classic Movies
- Great Northwest Thursday Book Group
- Project Linus
- Seniors’ Mystery Book Club - Desert Lost

Local Resources
Following are some of the local resources in San Antonio that provides information for senior age group.
Senior Resource Guide San Antonio
The website is for seniors, caregivers, children of seniors, social workers, discharge planners, and anyone who serves the needs of seniors in San Antonio, Texas.

Texas Seniors' Guides
Texas Seniors' Guides has developed the solution to seniors and baby boomers' quest for senior-friendly businesses via a searchable database and free direct mail publications.

The BOB ROSS Senior Multi-Service Health & Resource Center
The Bob Ross Center combines services of the City of San Antonio and Bexar County to provide a true “one-stop” clearinghouse for senior services and information. Under the umbrella of the City’s Department of Community Initiatives, Senior Services Division and more.

Bexar Area Agency on Aging
The Bexar Area Agency on Aging (Bexar AAA) is serving to build a community that supports older Bexar County residents. They include seniors (60+) and Medicare Beneficiaries in Bexar County, caregivers of individuals age 60 and over, Medicare beneficiaries of any age.

Jefferson Outreach for Older Adults
Established in 1984, Jefferson Outreach is a non-profit organization that provides services to the elderly in the Northwest side of SA. They provide services to help Seniors such as mobile meals, grocery delivery, and transportation to/from medical appointments, minor home repairs/lawn care, and telephone reassurance to isolated home-bound seniors.

Leisure Activities for Baby Boomers and Beyond
Web links to organizations providing educational, recreational or travel opportunities for baby boomers and beyond.

Road Scholar
Formerly Elderhostel, organization provides educational travel opportunities for older adults throughout the United States and the world.

OASIS
OASIS is an educational organization for adults age 50 and over whose mission is to enrich the lives of mature adults by engaging them in lifelong learning and service programs.

Academy of Learning in Retirement
Through volunteerism, the Academy of Learning in Retirement (ALIR) recognizes and utilizes its members' wealth of experience and abilities to achieve educational stimulation in the arts, history, literature, languages, and sciences.

Northwest Vista College Academy of Lifelong Learning Programs for Age 50+
The Academy for Lifelong Learning provides opportunities for: intellectual development, cultural stimulation, personal growth, and social interaction for people 50 and over.

Sports for Life
An organization whose mission is to develop a year-round mentally and physically challenging program for San Antonio's Fifty-Plus population.

Downloadable Senior Group Resources
With digital downloads – your public library is open 24/7! The San Antonio Public Library offers two ways to download digital media content:

OverDrive downloadable for senior group
Use the keyword search "senior age group" to find resources you would like to know.

eBooks on EBSCOhost Downloadable Senior Resource Guide
Find downloadable audio books by using a keyword search "older adults"

Search Our Databases
Offers peer reviewed journal articles and periodicals on older adults/senior age group.
• **Academic Search Complete**
  A multi-disciplinary database with more than 5,300 full text periodicals, including 4,400 peer-reviewed journals. Go to a “keyword search” using the words "older adults" for the targeted results.

• **Health Source Consumer Edition**
  Search senior group resources with full-text articles from peer reviewed journal articles and magazines by using the phrase "older adults" under keyword search.

• **San Antonio Express News**
  Look into the local newspaper to find out new information for senior age group using the key word search "older adults"

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### Job Resources for Older Adults

• **Experience Works**
  Web site specializing in training and employment for low income workers over age 55.

• **Jobs4.0**
  Job search site for workers over the age of 40.

• **RetiredBrains**
  Web site with comprehensive resources for retirees, including job search resources.

• **Seniors4hire Organization**
  The website provides jobs and employment resources for older workers, retirees and senior citizens 50 and over. Also offers information on government programs and other valuable resources that are tailored just for seniors

• **Senior Community Service Employment Program (SCSEP)**
  Provides training & employment services to low-income job seekers age 55 & older. It assists in securing unsubsidized employment in the public & private sectors. Participants earn while they learn, gaining competitive job skills & refining existing skills through paid, part-time, on-the-job training assignments at nonprofit organizations & government agencies. During training, participants earn minimum wage & provide valuable community services.

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### Senior group Magazines

• **AARP the magazine**
  AARP bulletin: a publication of the American Association of Retired Persons

• **Nutrition action health letter**

• **Food & Fitness Advisor**

• **Yoga Journal**

• **Mayo Clinic Health Letter**

• **Diabetic cooking**

• **Diabetes self-management**

• **Harvard health letter**

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**To go to San Antonio Public Library Resource Guide from the Library website:**

1. [www.mysapl.org](http://www.mysapl.org)
2. Go to Resources Tab
3. Type the key word search “Seniors”
4. Click the first one “Seniors: Live Well age Smart”