



The “Feeling Great!” Wellness Program for Older Adults

Jules C. Weiss, MA, ATR

Feeling Great Wellness Program For Older Adults

Cathy Stauffer Kimble, Mary E. Longe



Feeling Great Wellness Program For Older Adults:

The Feeling Great! Wellness Program for Older Adults Jules C Weiss, 2014-06-17 The Feeling Great Wellness Program is an inspirational book describing a successful health care program for older adults Created for people who desire a richer life Feeling Great is a program of everyday miracles the regaining of body strength and movement and the expanding of physical abilities Participants learn to improve their physical emotional and psychological health through a comprehensive wellness program A training manual and self help guide this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options practice a daily exercise program suited to their abilities develop supportive new friendships increase their self esteem and overcome barriers of ill health poor diet sedentary lifestyles and physical and emotional difficulties The Feeling Great Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor The text can be used for personal interest as well as a training manual for professionals who work with older adults Features Offered in The Feeling Great Wellness Program for Older Adults Over 40 photographs The interaction of medication nutrition and exercise Attitude and exercise guidelines Liability concerns Step by step program description Sample health care lectures covering topics such as diet and nutrition Exercise pointers for people with arthritis Contraindicative exercises Cardiovascular fitness routines Minimizing the risks of exercise Addressing the emotional and physical fears of exercise Handling diverse abilities within a group setting Nine different exercise activity routines Relaxation techniques Sample program materials including a participant activity profile and health history

The Feeling Great! Wellness Program for Older Adults Jules C. Weiss, 1988 The Feeling Great Wellness Program is an inspirational book describing a successful health care program for older adults Created for people who desire a richer life Feeling Great is a program of everyday miracles the regaining of body strength and movement and the expanding of physical abilities Participants learn to improve their physical emotional and psychological health through a comprehensive wellness program A training manual and self help guide this motivational volume looks at an effective program that allows older adults to learn about their health care needs and options practice a daily exercise program suited to their abilities develop supportive new friendships increase their self esteem and overcome barriers of ill health poor diet sedentary lifestyles and physical and emotional difficulties The Feeling Great Wellness Program for Older Adults offers a comprehensive view of a quality program through the eyes of both participant and instructor The text can be used for personal interest as well as a training manual for professionals who work with older adults Features Offered in The Feeling Great Wellness Program for Older Adults Over 40 photographs The interaction of medication nutrition and exercise Attitude and exercise guidelines Liability concerns Step by step program description Sample health care lectures covering topics such as diet and nutrition Exercise pointers for people with arthritis Contraindicative exercises Cardiovascular fitness routines Minimizing the risks of exercise Addressing the emotional and physical fears of exercise Handling diverse abilities within a

group setting Nine different exercise activity routines Relaxation techniques Sample program materials including a participant activity profile and health history

Horticultural Therapy and the Older Adult Population Suzanne Wells, 2014-02-04 Horticultural Therapy and the Older Adult Population is the guidebook you've been waiting for since the American Horticultural Therapy Association's AHTA 1981 publication With an updated collection of chapters in the area of horticultural therapy and older adults ranging from a review of relevant literature to descriptions of existing horticultural therapy programs this book will stimulate networking and information sharing among horticultural therapists and other professionals working with older adults spur new ideas and foster continuing research in the field The book's importance is recognized internationally and it is soon to be published in Japanese In Horticultural Therapy and the Older Adult Population you will find chapters on garden designs to enhance the horticultural therapy experience descriptions of existing horticultural therapy programs for older adults and new research to evaluate the effectiveness of horticultural therapy with this population Whether you're an established horticultural therapist a nursing home administrator or a gerontology educator this book will help you design gardens set up and evaluate programs and develop curriculum Horticultural Therapy and the Older Adult Population also includes the results of a survey sent to all registered members of AHTA who work with the older adult population The survey responses provide information about the institutions and the population served programming activities program staffing program evaluation and funding Another beneficial feature of the book is a resource packed bibliography Prepared as a service to horticultural therapists and others working with older adults it covers the most relevant publications giving you more places to find inspiration and ideas for improving care to the elderly through horticultural therapy

Caregiving-Leisure and Aging M Jean Keller, 2020-03-24 Create programs that make good use of the leisure time of the elderly and of those who care for them Caregiving is a vital issue in today's rapidly aging society Each year a greater number of elderly people find themselves in need of care and at the same time more elderly adults than ever are finding themselves in the caregiving role Caregiving Leisure and Aging blends the work of six experts in the field exploring implications for future practice and research examining caregivers and care receivers and their need for appropriate leisure and recreation activities and sharing innovative recreation programs to help caregivers and those in their care enrich the quality of their lives Here you'll find a review of literature which examines caregivers' health behaviors and discusses sleep improvement home based exercise and several interventions the common factors found in successful leisure and activities programs for older adults and those who care for them in depth case studies of three women who cared for their older husbands with dementia and the rationale behind their sacrifice of personal leisure time to provide this care a survey of rural and urban caregivers to individuals with Alzheimer's disease specific leisure education strategies that have been used successfully in caregiver support groups an examination of the innovative Family based Structural Multisystem In home Interventions FSMII with a Computer Telephone Integration System CTIS project Caregiving Leisure and Aging

provides information and ideas regarding the importance of leisure both to those elderly people receiving care and also to the aging adults who selflessly deliver that care

Preparing Participants for Intergenerational Interaction Melissa Hawkins, Kenneth Backman, Francis A Mcguire, 2013-04-03 Preparing Participants for Intergenerational Interaction Training for Success examines established intergenerational programs and provides the training methods necessary for activity directors or practitioners to start a similar program This book contains exercises that will help you train colleagues and volunteers for these specific programs and includes criteria for activity evaluations Preparing Participants for Intergenerational Interaction will help you implement programs that enable older adults to build friendships pass down their skills and knowledge to adolescents and provide youths with positive role models Discussing the factors that often limit the interaction of older adults with youths this text stresses the importance of conveying information and history to younger generations You will learn why the exchange between different generations is crucial to society and to the improvement of the community in which you live Preparing Participants for Intergenerational Interaction provides you with proven suggestions and methods that will make your program successful including examining Howe To Industries a program that teaches entrepreneurial skills to youths through older adults focusing on activities between older adults and youths that address aging sensitivity and racial and ethnic understanding defining the roles of a mentor including teacher trainer developer of talent and counselor increasing support and understanding in your community by defining target markets and selling the project to the public describing the aspects of group dynamics and how group decisionmaking methods are used to assess the success of the program and its volunteers understanding the community where participants live in order to address issues important to them such as poverty and other social problems Containing sample handouts self evaluations and detailed lessons for different types of programs this book offers you guidelines that apply to participants that have a variety of needs within different communities Preparing Participants for Intergenerational Interaction Training for Success will enable you to help older adults remain an active and essential part of these communities by teaching youths valuable life skills they may not receive from anyone else

Activities in Action Phyllis M. Foster, 2014-01-14 Here is an invaluable resource for activities professionals specializing in geriatrics Activities in Action reflects the goals of the National Association of Activity Professionals in that it serves as a catalyst for professional and personal growth and provides a national forum on geriatric and activity issues Some of the highlights of this significant volume include a historical perspective of the activities profession its growth and current contributions to the life and care of nursing home residents and an overview of a national organization representing activities professional and how this organization has contributed to the growth of the profession An extensive aging and leisure bibliography of timely publications related to activities and aging is also included Specific chapters emphasize a variety of topics such as the impact of federally mandated nursing home resident assessment for activity professionals the growing concern for the quality of life and its definition for nursing home inhabitants the role of

activity professionals in providing for the spiritual needs of the elderly whom they serve how to deal with relocation stress and territoriality in nursing home occupants and practical guidelines on how to employ and supervise activity assistants and work effectively with other staff as well as an activity coordinator Activities directors coordinators assistants and supervisors from all levels of experience will benefit from the insightful information in this innovative book **Writers Have No Age**

Lenore M. Coberly, Jeri McCormick, Karen Updike, 2005 This book will help older writers value themselves and their potential and increase the pleasure and satisfaction found in writing With numerous exercises and assignments resources and information this book is an essential tool for beginners and professionals This edition of *Writers Have No Age* presents writing exercises and techniques marketing resources and mediums for writers an editing checklist a list of books and periodicals to help hone writing skills suggestions on teaching or volunteering in nursing homes and much more *Writers Have No Age* Karen Updike, Jeri McCormick, Lenore Mccomas Coberly, 2012-12-06 *Writers Have No Age* Creative Writing for Older Adults Second Edition is a book for writers by writers Unlike the first edition which was aimed at teachers of writing this edition is aimed at writers themselves This book will help older writers value themselves and their potential and increase the pleasure and satisfaction found in writing It provides both information and inspiration gained from the authors own writing lives and from observation of their students that will help boost writing confidence Write your way to success at any age We who come to writing do not have to be convinced that there are rewards in store for us We sense good things ahead and believe in writing s benefits In this book we have put together some of our own best writing and teaching ideas to help you enjoy the re creation and stimulation of writing whatever your age Older writers though we are we do get better at it all the time the authors This book combines personal accounts of the authors writing experiences as well as writing instruction and information It contains numerous writing exercises and assignments to get you started and techniques to keep you at it It also includes sections that cover all types of writing including poetry fiction and nonfiction Marketing resources for writers who wish to be published are included In *Writers Have No Age* you will find authors personal anecdotes from disappointment to success writing exercises and techniques marketing resources and mediums for writers an editing checklist a list of books and periodicals to help hone writing skills suggestions on teaching or volunteering in nursing homes and much more *Writers Have No Age* is a valuable tool for anyone in or just getting started in the writing field Not only will this book help beginners sharpen their writing skills but it will also help those who have written professionally or personally to reach a wider audience Add this book to your collection today and write your way to success **Social Work and Health Care in an Aging**

Society Barbara Berkman, 2003-06 Sixteen chapters by scholars of social work relate the well being of older adults to social work practice and the current model of service delivery Chapters concentrate on issues affecting the health of older adults depression dementia abuse services to specific populations African American women grandparents raising grandchildren the developmentally disabled and professional issues home care case management standardized assessment The implications for

training research and policy are highlighted Annotation c 2003 Book News Inc Portland OR booknews com *Current Catalog* National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 Feeling Great Dadi Janki,Kelly Johnson,Peter Vegso,2015-04-14 Why do we lose our ability to feel great And what is feeling great anyway Is it really possible to feel great in today s world where every day there is some new crisis or disorder Some new upheaval or unexpected negativity Where violence is rife Is feeling great out of place or insensitive to the reality of many people s lives In this treasure of a book Janki Vegso and Johnson call on their decades of spiritual study and practical experience to answer these and other essential questions You will learn what it really means to feel great and it might not be what you expect You will discover that feeling great is not about having a good time for a few hours or having money to spend It s about putting your life in order and remembering who you really are It s about practicing the four keys revealed in this book enthusiasm optimism contentment and respect then learning how to start acquiring and applying them Janki and Vegso s rich descriptions of the sticking points we encounter on our journey through life demonstrate how we can recover our ability to truly feel great not as a temporary indulgence but as a lasting state of being Now is the time to start feeling great and this uplifting book shows you how easy it can be **Handbook of Remotivation Therapy** Michael Stotts, L.,Jean Dyer,2014-02-25 Finally a resource that describes the how when and with whom of remotivation therapy In recent years remotivation therapy has become an integral part of a patient care plan in a wide variety of settings What started out as group therapy sessions in a psychiatric setting has expanded into a therapeutic modality effective in geriatric long term and day care settings social clubs group homes for people who were formerly institutionalized substance abuse centers prisons and most recently in facilities that provide programs for patients with Alzheimer s or Huntington s disease This book examines remotivation therapy in diverse settings that include volunteer and independent living programs an area health education center and a state mental hospital You ll also find the results of studies conducted in more than a dozen settings with widely varied client populations The Handbook of Remotivation Therapy will familiarize you with the role of the therapist in both basic and advanced remotivation therapy step by step instructions on what and what not to do questions and concepts to use in remotivation sessions dealing with choices realistic scenarios reminiscing and stimulation funding options for remotivation therapy programs the positive public relations impact for institutions that utilize remotivation therapy programs designing and assembling a collaborative team to provide remotivation therapy the fifty year history of remotivation therapy from its birth as the brainchild of Dorothy Hoskins Smith to its initial clinical use at Philadelphia State Hospital to the pioneering work of Walter F Pullinger Jr and the roles of the Smith Kline and French Foundation and the National Remotivation Therapy Organization NRTO In the Handbook of Remotivation Therapy you ll find chapters that thoughtfully explore the specifics of this type of group work in rehabilitative settings correctional institutions nursing care facilities mental health hospitals and in long term care settings in substance abuse prevention treatment and relapse

prevention in conjunction with recreation therapy with deinstitutionalized clients with persons who have Huntington's disease with persons who have Alzheimer's disease Remotivation therapy deals with the strengths rather than weaknesses of the client and can be performed by any trained health professional social worker relative or technician It saves time and money for mental health professionals with heavy caseloads by preparing noncommunicative clients for more advanced types of therapy The Handbook of Remotivation Therapy can help you add this results based and extraordinarily cost effective group treatment modality to your therapeutic arsenal *National Library of Medicine Current Catalog* National Library of Medicine (U.S.),1990

Health Promotion Programs for Older Adults Cathy Stauffer Kimble,Mary E. Longe,1989 Written to provide hospitals with current information about what hospitals across the country are doing to preserve and improve the health of their rapidly growing older adult communities Discusses the relationship between hospitals and older adults market assessment goal setting program planning learning process and environment organizational placement staffing and training finances promotion of the program and evaluation Appendices contain information on resource organizations packaged health promotion programs program planning resources and national certification programs for exercise instructors *Trends in History* ,1990 *Issues in Aging* Mark Novak,2018-02-02 Issues in Aging combines social psychological biological and philosophical perspectives to present a multifaceted picture of aging Novak illustrates both the problems and the opportunities that accompany older age This text helps students understand the tremendous variability in aging and introduces them to careers working with older adults This new edition reflects the continued changes in the way we age The fourth edition has been updated to include emerging issues in aging These include the prevalence of HIV AIDs in later life current research on mental potential in old age the creation of age friendly cities and new options for end of life care Each chapter begins with a set of learning objectives to guide students in their reading and concludes with a list of main points questions for discussion or study suggested readings and relevant web sites to consult Each chapter also includes up to date charts and graphs as well as key terms to help students understand the issues presented Break out boxes reveal the human side of aging through the stories of individuals in real life and in the media *Sex, History, and Culture* Margot Badran,Midge Quandt,1990 *Aging and Leisure* Michael L. Teague,Richard D. MacNeil,1992 *A Life Worth Living* Pearl M. Mosher-Ashley,Phyllis W. Barrett,1997 Derived from successful research findings the nonpharmacological therapies found here include gardening pet care reading reminiscence exercise music creative arts support groups and more

Physical Activity Instruction of Older Adults, 2E Rose, Debra J.,2019 Physical Activity Instruction of Older Adults Second Edition is the most comprehensive text available for current and future fitness professionals who want to design and implement effective safe and fun physical activity programs for older adults with diverse functional capabilities

The Enigmatic Realm of **Feeling Great Wellness Program For Older Adults**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Feeling Great Wellness Program For Older Adults** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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