



BALLENTINE PARTNERS

Aging Well & Wisely *Resources*

We have culled through the many available resources on “Aging Wisely & Well” and have come up with the following list of optional resources:

Concierge medical care: PinnacleCare, www.PinnacleCare.com, 877.241.7041

Expert personal health aids: Privatus Care Solutions, www.privatuscare.com, 866.369.5974

In-home medical care: Right at Home, www.rightathome.net, 877.697.7537

Moving assistance: National Association of Senior Move Managers (NASMM), www.nasmm.org, 877.606.2766

Elder care coordination: Elder Resources, www.eldersma.com, 617.928.0200

Legacy and memoir

- Memoirs/oral histories: Story Trust, www.storytrust.com, 617.755.3283
- Documentary films: Reel Tributes, www.reeltributes.com, 202.681.3456

Travel

- Elder Treks, www.eldertreks.com, 800.741.7956
- Road Scholar, www.roadscholar.org, 800.454.5768

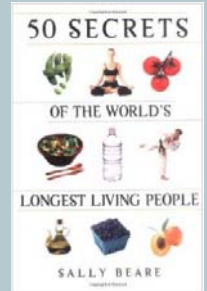
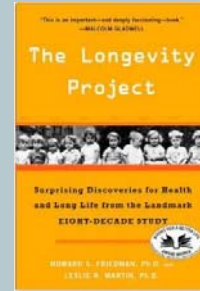
Financial accountability: True Link Card, www.truelinkcard.com, 800.299.7646

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

–Sophia Loren

Applicable Media

Books



Movies



Among other topics, *The Happy Movie* addresses how people have found purpose and happiness later in life. www.thehappymovie.com



60 minutes' recent story *Living Beyond 90* features interviews with 90+ year olds happily engaged in life. You can watch the videos on YouTube:

Part 1: <http://goo.gl/dyCtQC>

Part 2: <http://goo.gl/O4f3h9>



In the 2014 Oscar®-winning documentary, *The Lady in Number 6: Music Saved My Life*, 109-year-old Holocaust survivor, Alice Herz Sommer, shares her views on how to live a long and happy life.

<http://nickreedent.com/>

Websites

www.go60.com This website features articles on aging well, including health, travel, learning, and debunking aging myths.

www.thirdage.com With a focus on medical research and findings, this site is a useful destination for articles on age related health.

www.sciencedaily.com/news/living_well This science-minded website looks at reports on the latest research developments related to aging and health, in general.