

From: Lt. Governor <LtGovernor@scstatehouse.gov>
To: Kester, Tonykester@aging.sc.gov
Date: 9/12/2014 11:55:07 AM
Subject: FW: question regarding senior and 'aging in place' resources

-----Original Message-----

From: Rebecca Muller [mailto:r.muller@educatorlabs.org]
Sent: Friday, September 12, 2014 9:17 AM
To: Lt. Governor
Subject: question regarding senior and 'aging in place' resources

Hello!

I recently revisited your site (this page, specifically: <http://aging.sc.gov/>) and noticed several wonderful senior-related resources, some of which we have in our own collection! Great minds really do think alike :)

I wanted to take a moment to share some other wonderful senior-related and "aging in place" resources with you. I would love to see them included on your site, and believe your visitors would appreciate the additional information as well. Let me know if you're able to use them!

Age in Place | The National Aging in Place Council <http://www.ageinplace.org/>

Seniors' Guide to Aging at Home Safely and with Dignity <http://www.mortgagecalculator.org/helpful-advice/aging-with-dignity.php>

Care Management | National Association of Professional Geriatric Care Managers <http://www.caremanager.org/why-care-management/what-you-should-know/>

Home Accommodation Cost Guide for People with Physical Disabilities <http://www.homeadvisor.com/cost/disability-accommodation/>

Medicare Cost Overview
<http://www.medicare.gov/your-medicare-costs/index.html>

Guide to Medicare Preventive Services and Screenings <http://medicare.com/medicare-tips-news/news/medicare-news/medicare-preventive-services>

Planning Your Doctor Visit
<http://nihseniorhealth.gov/talkingwithyourdoctor/planningyourdoctorvisit/01.html>

ZocDoc Search: Geriatric Care Physicians <http://www.zocdoc.com/morespecialties>

Geriatric Mental Health Foundation
<http://www.gmhfonline.org/gmhf/>

Guide to Addiction Prevention for Seniors <http://www.newbeginningsdrugrehab.org/guide-to-addiction-prevention-for-seniors/>

Exercise and Fitness Over 50
http://www.helpguide.org/life/senior_fitness_sports.htm

Swimming and Osteoporosis
<http://blog.poolproducts.com/swimming-osteoporosis/>

Exercise for Seniors
<http://www.nlm.nih.gov/medlineplus/exerciseforseniors.html>

Benefits of Swimming for Seniors
<http://www.backyardocean.com/Swimming-Benefits-Safety-Seniors-a/269.htm>

Looking forward to hearing back from you. I hope you have a wonderful remainder of the week!

Take care,
Rebecca

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P.S. Please let me know in an email response if your inbox is overloaded and would prefer that I not add to the chaos. If that's the case, I'll make a note not to contact you in the future.