

longer period. This book provides practical, safe ways to remain physically active with little or no cost and with maximum health benefits.

**Availability for loan:**

GT 270 N28 2001 Health Information and Wellness Centre, West Toronto  
613.70446 FIT Mississauga Library System  
613.70447 FIT Toronto Library System

*What to do for Senior Health* by Albert Barnett, Nancy Rushton & Lynne Mumaw. La Habra, CA: Institute for Health Care Advancement, 2004

Large print, easy-to-read information, and a question and answer format make this an excellent book to help seniors look after their own health.

**Availability for loan:**

GT100 W42 2004 Health Information and Wellness Centre, both locations  
613.0438 BAR Toronto Library System

## COMMUNITY RESOURCES

**Ontario Seniors' Secretariat**

777 Bay Street Ste. 601C  
Toronto M7A 2J4  
INFOline: 1-888-910-1999  
TTY: 1-800-387-5559  
Email: [infoseniors@ontario.ca](mailto:infoseniors@ontario.ca)

**Ontario Society (Coalition) of Senior Citizen's Organizations**

Tel: 416-785-8570 OR 1-800-265-0779  
Email: [ocsc@web.net](mailto:ocsc@web.net)

## CONTACT

**Health Information & Wellness Centres**

**Trillium Health Centre - Mississauga**  
100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

**Trillium Health Centre - West Toronto**  
150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)  
<http://www.trilliumhealthcentre.org/health>

**Mississauga Library System**  
905-615-3500 (for book locations)  
<http://www.mississauga.ca/portal/residents/library>

**Toronto Public Library**  
416-393-7131 (for book locations)  
<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources. HealthFinders are also available through our web site at <http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*



## INTERNET SITES

### Public Health Agency of Canada

<http://tinyurl.com/2ayerby>

This section of the Public Health Agency of Canada website provides regular updates to help locate new services, publications, news releases and articles of interest to seniors and their families and caregivers. Many useful publications can be directly downloaded from the site, and there is an excellent set of links to further resources on the subject.

### Ontario Seniors' Secretariat

<http://tinyurl.com/r82ys6>

The Ontario Seniors' Secretariat develops a wide variety of programs and services to meet the needs of seniors and help them live safe, active and healthy lives. Information about these programs can be found at the website, along with a variety of publications which can be ordered or downloaded directly from the site.

### Ontario Society (Coalition) of Senior Citizen's Organizations

<http://www.ocSCO.ca>

OCSCO is a community based, not for profit organization. Their mission is to improve the quality of life for Ontario's seniors through education, information, referral, counseling, outreach and support, self-help and volunteer programs. Among the many services offered by OCSCO are computer classes and a Resource Centre. The text is enlarged, with a clearly designed layout.

### Advocacy Centre for the Elderly

<http://www.advocacycentreelderly.org>

This is a community based legal clinic for low income senior citizens, managed by a volunteer board of directors. It provides useful information about services for seniors, including home care, nursing homes and income issues.

### NIH Senior Health

<http://nihseniorhealth.gov>

This is a an easy-to-use site from the U.S. National Institutes of Health. It contains a wealth of information about health topics relevant to seniors. Particularly useful features include a large text size, an option for greater contrast of the print, and an choice of hearing the text read out loud.

## BOOKS

### *The Mayo Clinic Plan for Healthy Aging* by

Edward Creagan, ed. Rochester, MN: Mayo Clinic, 2006

This readable volume from the prestigious Mayo Clinic provides information on how to live stronger, longer, and healthier lives. There are tips, tools, and strategies to help people enjoy life to the fullest at any age.

#### Availability for loan:

GT 100 C73 2006 Health Information & Wellness Centre, both locations

*Living Better, Living Longer: the Secrets of Healthy Aging* A special report from Harvard Medical School. Boston, MA: Harvard Health Publications, 2008.

This report delivers practical advice and current research findings in clear, easy-to-understand language. It explains how simple lifestyle

choices regarding diet and exercise, as well as disease prevention strategies can have an enormous impact on longevity and quality of life.

#### Availability for loan:

GT 100 H27 2008 Health Information & Wellness Centre, both locations.

### *The Complete Canadian Eldercare Guide* by

Caroline Tapp-McDougall. Mississauga: Wiley, 2004

This is a book for caregivers of elderly relatives, and provides advice on long term decisions. Topics covered include housing, finances, estate planning, medical needs and independence and mobility.

#### Availability for loan:

GT 22 T27 2004 Health Information and Wellness Centre, both locations  
362.60971 TAP Mississauga Library System  
362.60971 TAP Toronto Library System

### *Mental Fitness for Life: 7 Steps to Healthy Aging*

by Sandra Cusack and Wendy Thompson. Toronto: Key Porter, 2003

This is an interesting book on how to maintain mental fitness throughout life, with the emphasis on the years following retirement. The authors, both experts in the gerontology field, introduce seven key components of mental fitness, citing both research and practical experience.

#### Availability for loan:

GT 300 C88 2003 Health Information and Wellness Centre, both locations  
613.0438 CUS Mississauga Library System  
613.0438 CUS Toronto Library System

*Fitness over Fifty* by the National Institute on Aging. New York: Healthy Living Books, 2003.

Older adults who are active are generally able to maintain their health and independence for a