

PATHFINDER FOR MATERIALS FOR OLDER ADULTS- 2011

The purpose of this guide is to help you find information of interest to older adults (seniors). The guide is broken down by material type (books, websites, etc.), and includes searching tips for each medium.

Books

There are several areas of interest within the collections at both libraries:

Technology: Found in the nonfiction sections under numbers 004-025

Some great resources:

Computers for Seniors for Dummies by Nancy Muir. Found at the Branch under number 004.1608 MUI

Computing for the Over 50s by Bob Reeves. Found at the Branch under number 004.0846 REE

Spirituality/Religion/Psychology: Found in the nonfiction sections under numbers 109-299

Saying Goodbye to Someone You Love by Norine Dresser. Found at the Plumb under number 155.937 DRE

This Thing Called Grief by Thomas M. Ellis. Found at the Branch under number 155.93 ELL

Taxes: Found in the nonfiction sections under number 336

J.K. Lasser's New Tax Law Simplified. Found at the Plumb under number 336.24 JKL 2011

Retirementology by Gregory Salsbury. Found at the Plumb under number 306.38 SAL

Law: Found in the nonfiction sections under number 346

8 Ways to Avoid Probate by Mary Randolph. Found at the Plumb under number 346.7305 RAN 2008

The American Bar Association's Guide to Wills & Estates. Found at the Branch under number 346.7305 AME

Health: Found in the nonfiction sections under numbers 610-618

Healthy Aging by Andrew Weil. Found at the Branch under number 612.67 WEI

Quick, Delicious, and Nutritious by Gayle Wood. Found at the Plumb under number 641.563 WOO

Large Print: (Also known as large type) Can be found as separate sections at both libraries. All of the normal genres are found within large print, such as biography, fiction, and nonfiction.

Searching: The search process can be used in the same fashion for either the Plumb Memorial or Huntington Branch catalogs (found on all of the library's web pages: www.sheltonlibrarysystem.org). The catalogs are separate, and have to be searched separately. All of our consortium's collections can be searched at once by using the Bibliomation Global Catalog. All of the collections in the state can be searched by using the iconn system. These catalogs can be found on the 'Research & Learn' page on the website.

Search for items by using either the 'keyword' or 'subject' searches. The keyword search will work through each item's full record for the word(s) that you type in. For example, typing in the word 'aging' will prompt the system to look at the title, subjects, and description for that one word, and will return to you a list of results. Adding other words like 'health' or 'diet' will prompt the system to search for individual records that possess all of those

words. This type of search is not limited just to books alone, but searches can be limited by material type such as 'large type' or 'video'.

Every item is assigned a list of subjects that the work covers, such as 'diabetes', 'health', 'diet'. Selecting the subject search option within the catalog and then typing in a search term or terms will prompt the system to look at the subject listings for each item. If a match is found with any of the terms that you typed in, the system offers a list of items. This type of searching is much more refined than keyword searching, so expect fewer results. If you receive no results, try typing in synonyms for the term you are searching on.

Catalog searches can be performed from any computer, not only from within the library. You can request items directly from each record, allowing you to simply run into to a library for pickup when you are notified that they are ready. It is important to check the item status to see if an item is readily available (if you are in a hurry for the item). Items that are checked out, lost, or missing still appear in the search results. Reference staff is available to assist you in your searches during library hours at the Plumb Memorial Library. The Huntington Branch staff offers basic reader's advisory services.

DVDs

DVD searches work the same way as book searches, only the catalogs have to be limited to 'Video/DVD'. Here are some interesting options:

Yoga for Grandparents by Yoga to Have Fun. Found at the Plumb under number DVD 613.704 YOG

Dr. Andrew Weil's Healthy Aging by Eli Brown. Found at the Branch under number DVD 612.67 DRA

Audiobooks

Audiobooks can be found in five different formats: CDs, audiocassettes, Playaways (self-contained players), MP3s, and downloadable (through the catalog).

Searching for audiobooks can be a little difficult. Items in the CD format can be found by applying search terms and the appropriate limit. The other types do not have a limit, so it works best to type in the format type as a keyword, such as: 'playaway'. Downloadable books can be best found by going directly through the OverDrive system (found on the ebooks and audiobooks pages on the website).

Databases

Databases are large collections of specialized information arranged for 'easy' searching. The searching is easy if you know how to come up with good search terms, manipulate them correctly, and also make good use of limits. Databases can be accessed from any computer, not only those in the libraries.

Medical Resources by the University of Connecticut Health Center. This database is technically a website and pathfinder, however, the information found on it is so dense that it functions more as a database. There are links to many free databases found on the page. There is limited overall searchability.

Universal Class. A database of 500 classes designed to be taken online. Includes health and self-help topics, along with just about everything else that you can think of.

Websites

These websites are neither created nor maintained by the Shelton Library System, but we think that you might find them useful.

agingresearch.org: A national non-profit that funds research in the area of aging. Aging information is shared on their site.

aoapartnerships.org: Agency on Aging of Southern Connecticut. This is a non-profit that provides information and assistance to older adults.

good50.com: A Google-powered search engine that is pre-set to have a larger search box and larger text to make it easier for the visually impaired to use.

nihseniorhealth.gov: Basic health information provided by the National Institutes of Health.

eBooks

There is a page listing all of our connections to ebooks on the website. Some ebooks are available through our catalog or directly through the OverDrive service. Some are free to the public and hosted outside of the library catalogs on separate websites. The state library also provides a number of ebooks. The ebooks can be viewed from any computer, not just those within the library. ebooks from the different sources have varying rules about what types of devices (Kindle, Nook, iPad) can be used to download and read them.

Brain Longevity by Dharma Singh Khalsa. Found in the OverDrive system.

Encyclopedia of Religion by Lindsay Jones. Found in the state system (iCONN) through our webpage on ebooks.

Magazines/Newspapers

AARP The Magazine. A bi-monthly publication focusing on older adult issues found at the Branch.

Elderhostel. A monthly publication by a non-profit that encourages life-long learning through courses at higher education institutions around the U.S. and the world, found at the Plumb.