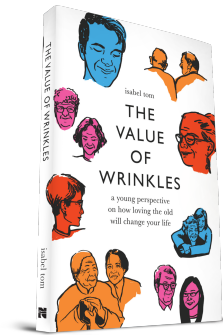


# THE VALUE OF WRINKLES: a young perspective on how loving the old will change your life

By Isabel Tom, MPH  
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Chapter Title	Course topics	Add'l notes
Chapter 1 That Wasn't a White Hair, Was It?	<b>stereotypes/current views of aging</b>	
Chapter 2 I've Got Time for You	the value of the older generation	How seniors offer us the gift of their time
Chapter 3 Your Invitation Speaks Volumes	<b>intergenerational living vs. senior living communities</b>	Practical tip to bless older adults
Chapter 4 Real-Life Encounters	<b>professional perspective of working in senior care field</b>	
Chapter 5 An Untapped Resource	the value of the older generation	How seniors bless us with their experience
Chapter 6 Step Up	Practical tips	Compare how we treat babies vs. how we treat older adults
Chapter 7 When You've Got a "Lemon"	<b>physical and emotional effects of aging</b>	How to care for a difficult older person
Chapter 8 Old Is Healthy	the benefit of <b>intergenerational</b> relationships	How interaction with seniors teaches us gratitude for health, relationships, and advances
Chapter 9 Building a Village	<b>caregiving</b>	How older adults need a village to care for them
Chapter 10 Take Advantage of the Sweet Spot	<b>Importance of end-of-life conversations</b>	Taking advantage our parents/grandparents healthy years
Chapter 11 Her Sitting Years	<b>dignity at end-of-life/</b> witnessing decline	How older adults need to quality care to the end
Chapter 12 What an Honor	Accepting death /perspective of working in the hospice field	How every older adult needs a proper sendoff