

"This isn't just a recipe book, it's a resource guide that explains how tastes and dietary needs change with age. Best of all, these are foods that appeal to all ages." *Susan Phinney, Seattle Post-Intelligencer*

WELL AGED



DINING WITH DIGNITY

by Ginny Gordon Walters

Ginny Gordon Walters

Well Aged: Dining With Dignity



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"Well Aged" is a lot more than simply a cookbook. It is a source guide for anyone looking after an elderly or disabled person. In case you have an elderly person in your life, or if you are a caregiver, this is the book for you. Extra calories and vitamins are packed into each one of the over 200 dishes. All recipes are designed to be easy-to-prepare, easy-to-handle and easy-to-chew.



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... A valuable device for our parents to continue to enjoy their independence! I have some older relatives I read this book when putting together a Culinary Arts plan and I loved it. Well Aged. It's been so helpful. Some things are therefore simple like adding glucose to coffee (for nondiabetics of course). "I never take glucose in my espresso, but this tastes like coffee should." There are several new tools away since this book, but you will better understand how to use those after reading it. I actually am busily recommending it to my class on dysphagia at this time. Practical and eye-opening As I go through this book, I thought of my dad who is 75 yrs. This reserve helped me look at a most elementary, but critical, issue: his nourishment as he age range. Ms. old and still lives only, managing just good for now. Not only does Ms. Walters' book give me ideas about how he can continue to eat tasty, healthy meals, but it also highlights things I had hardly ever thought about before that will allow him to dine without embarrassment (i. Walters' brief comments before every recipe seem indicative of someone who has experienced the ways in which this information might help our older era maintain their standard of living., easy to make use of/keep utensils and plates). Using the recommendations enables our elderly to maintain their dignity and independence throughout meals. Two ideas actually struck me: many older people don't eat much if they eat alone so when they do dine with others, there might be a subtle "rush" to eat quickly. I believe her notion of eating meals together and taking the time to savor the food and the companionship can connect with everyone, not only the elder populace. The general tips, combined with the images of particular utensils, I found very useful in trying to supply mom with cookware that may make things a little bit easier on her arthritic hands. If you look after, or just check out with an elder, you will need this book. Wonderful tips on special utensils for the elderly who have trouble handling regular silverware and china. No condescension here, only a thread of respect for our veteran residents, ingenious consuming utensils, and flavorful (I've tried it. Kudos for author and subject matter Anyone caring for an elderly person ought to be required to go through this and make reference to it often. The book is beautiful to check out, with easy to check out recipes and elegant color photographs. A Valuable Contribution to Independent Living Ginny Gordon Walters has assembled a assortment of tasteful and tasty recipes that my 79 year-old mother finds dietary and easy to get ready; whether cooking for herself or for a family gathering. Delicious Dining - With Dignity. I know the day is coming when he won't be able to be so independent.e. when putting together a Culinary Arts system and I liked it. I have some older relatives, some have passed since I browse the book. Well aged is "well" written. Quality recipes are easy to follow and prepare. Up to now everything I've attempted tastes great. The simplicity and practicality of the quality recipes makes them practical for everyone - no special things that will only be utilized once and for only a specific dish. Well Aged is Well Done This book is a gold mine of information and suggested meals for those of us coping with an aging parent. The section on "Dining Tips and Tricks" is worth the price of the book alone. If your looking for a great gift or just a good way to cook nutritious, healthy foods for someone it is the perfect aid! In addition, these recipes can simply be used for small children just learning to feed themselves. Well crafted, practical and very useable.) food. Many older persons have very little remaining but their dignity - let's help protect that. It answers a need with elegant and simple tips and dishes for meals served to older people or disabled. Easy to check out recipes and special suggestions make this a "must have" for caregivers.



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