

HEALTH ♦ MEDICINE ♦ EXERCISE ♦ NUTRITION

# Guide For the Senior Corps

A great grandmother's  
advice on how to  
survive old age

Toy Lasker

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## Guide For the Senior Corps



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The Medical section, for example, describes the most typical ailments/ illnesses that affect older people in a professional, straightforward way, so anybody will know very well what to ask the physician. The book is a valuable resource for older people and family and friends who might be dealing with an elderly person. An excellent grandmother's advice on how to survive old age. The Personal Info material covers important topics from Living Wills to Assisted Living, asking the hard questions we all will have to cope with.



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When your parents aren't around to request the pertinent questions about aging, this book is like having an excellent friend at the elbow to calm one during moments of dis-simplicity.'s olden Years This is an excellent book --- a little introduction to all kinds of information beneficial to those of us amid accommodating ourselves to the 'golden years' of advancing age. The illustrations and graphs make the information clear to see, and I specifically appreciate how the book is discussed to cross reference illustrations with information.. It is concise, inexpensive and simple to use. The 'ballet numbers' giving information on workout are worth the \$15 cost in and of itself. HURRAH for Plaything LASKER.First she gave us the Flashmaps series -- simplified guidebooks to major cities --- and today, she is mapping out a technique to handle 'elder stateman status' with dignity, great humor -- health and eternal optimism. Onward and Upward At the best of times, aging is not easy which handy instruction to the "where and what-fors" is almost essential.In addition, it includes sample forms to help sift through necessary legal forms which are necessary to living well -- wellness proxies, wills, etc. She intelligently addresses the physical, mental and spiritual areas of aging. She has done it again. A good offense is the greatest defense. Thanks Toy -- again.. Planing your next trip to the physician, knowing what to consume, and the whys our body goes through as it age groups gives one a feeling of comfort.A Street Map to a Senio; I'm grateful for the advice and the business and know my close friends will also be grateful for the tips shared within "Guideline for the Senior Corps.". Aging Made Simple This book offers an at-a-glance perspective on how to age gracefully. It's easy to obtain information about from how the body ages to how exactly to work with growing older. It gives pointers first of all, on health, exercise, great nourishment, and where and ways to get help. They discovered it to be a very helpful and comprehensive guide.. Comprehensive Guide to Elderhood Indispensable reference manual for seniors, "newbies", everyone. Excellent Source for Elders and their own families Guide for Senior Corps is the most in depth and compact resource publication for elders and their family members that I've read to date. Because the Executive Director of a non-profit firm serving elders who want to remain surviving in their homes a longs as you possibly can I would recommend this publication. It covers a broad spectrum of topics in great fine detail and is a simple straightforward read. If you could only have one book on your shelf to guide you through this stage of lifestyle Information for the Senior Corps will be the one to have. a small book with lots of valuable information This is such a little book but with lots of valuable information my wife& I read it & have no hesitation in providing it a 5 star ranking. It,sclear & concise& concise manner.Everything you need to understand about the body & the diseases thatmay afflict you can be all there in a obvious & much easier reading than many medical books we haveread.We stronglyrecommend it for all seniors. my senior parents loved it! My senior parents actually loved this book. Toy's book offers a wholistic guidebook for the senior corps.I recommend this book for everyone who intends to live life to the fullest and grow old with grace and elegance. Wish that I had this book while my parents had been still alive.



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