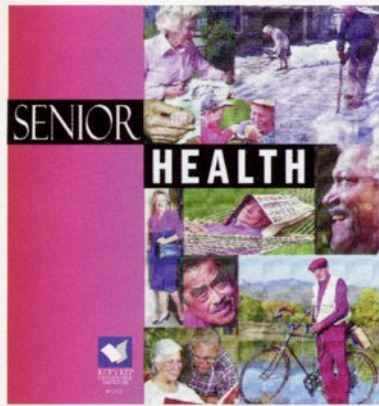


Featured Products



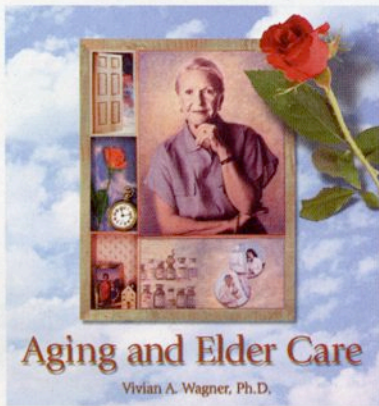
**Senior Health** is a book designed specifically for the growing aging population. Large, easy-to-read print-outs cover a wide range of health topics important to mature adults. It covers everything from diseases to retirement and nutrition.

**Senior Health**

**55 PAGES TOTAL, INCLUDING:**

- Alzheimer's Disease
- Arthritis
- Depression
- Divorce
- Insomnia
- Retirement

**\$120**  
Kopy Kit #1953KK  
Looseleaf with Binder  
55 pages



Created to help support family as well as professional caregivers, **Aging and Elder Care** covers all aspects of aging and elder care—from understanding the physical factors of aging to knowing when to help, taking care of yourself, and dealing with the psychological and physical issues of elder care.

**Aging and Elder Care**

**102 PAGES TOTAL, INCLUDING:**

- Aging and the Mind
- Autonomy and Self-Esteem
- Effects on the Caregiver
- Evaluating Care Options
- Hospice Care

**\$180**  
Kopy Kit #2590KK  
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102 pages

**\$180**  
CD-ROM #2590CD  
PDF Format  
102 pages

# Seniors Living Longer

Living to celebrate your 100th birthday used to be a goal reached only by a few. But today, it's becoming a reality for a growing number of seniors. In the U.S., the number of people who've reached 100 and beyond totals 70,000. That's double the number of centenarians in the 1990s. In 2010, that number is predicted to be around 131,000.

Why the increase in folks aged 100 and over? For starters, medical advancements, health education, and committed healthcare providers are helping individuals live longer, happier lives. As a community, we're learning more every day about age-related illnesses like arthritis, osteoporosis, Alzheimer's and heart problems. These diseases are being detected sooner, increasing rates of treatment and management.

Many centenarians can also thank their lucky genes—genes that have

set the stage for longevity. And many also share the characteristics of a healthy diet, physical activity, an active mind and a close social circle.

Researchers are finding that a healthy mind seems just as important for successful aging as does a healthy body. Of course, not every centenarian is the picture of perfect health, but more than you might think are living independent, fulfilled lives.

As the number of seniors in our communities grows, so does our responsibility to care for them. Resources like Parlay International's **Senior Health and Aging and Elder Care** help seniors and their caregivers address the many healthcare issues facing the growing senior population.

## What is a Kopy Kit® and how can I use it?

A Kopy Kit is a book that focuses on a specific theme. The book is sold on a CD-ROM (with PDF files), or as looseleaf copy-ready pages—many with a three-ring binder. Each page is written and designed to stand alone, so it's ideal for training and as flyers, bulletins, classroom handouts, etc.

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