

Good Listens & Good Reads

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Why listen to a Podcast?

- Podcast are created to entertain and educate the audience.
- They benefit both the listener and the podcaster.
 - Builds their credibility through knowledge sharing.
 - Promotes engagement and aids in community building.
 - Offers knowledge or entertainment for free
 - Available anytime and are pretty easy to find.
 - Covers a wide range of topics.
 - Serves as an instructional tool.

2

Where you can listen to Podcasts:

- Apple Podcasts: <https://www.apple.com/apple-podcasts/>
- Google Podcasts: <https://podcasts.google.com/>
- Spotify: <https://open.spotify.com/>

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What's your Story?

Conversations with Long-Term Care Residents and Illinois Aging Network

Kelly Richards, State of IL Ombudsman created this show to provide a platform for the voices of Long-Term Care Residents to be heard.

Available on Spotify:
<https://open.spotify.com/episode/3iCE8hME8GatA3SjNKuFTr>



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Mission Possible

- <https://podcasts.apple.com/us/podcast/mission-possible/id1678762056>
- Mission Possible is a joint production of The Center for Innovation (The Green House Project/Pioneer Network), the National Consumer Voice for Quality Long-Term Care, and AMDA.
- Fixing U.S. nursing homes can often seem like an impossible task. Elders, families, caregivers, advocates, lawmakers, researchers, and even providers generally agree that our system is broken, but little has changed about long-term care since the emergence of nursing homes as the dominant model of eldercare in the 1960s.
- Mission Possible breaks through the barriers to change and present concrete ideas on how to improve eldercare services in the U.S. and around the world.



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Pursuing Quality Long-Term Care

- <https://open.spotify.com/show/3ILrMFr3NvS1iaWtBILKT3>
- Long-term care is or will be a fact of life for many of us and our loved ones as we age. We all deserve care - whether in the home or in a long-term care facility - that meets the highest of standards, enhancing quality of life and ensuring the protection of rights. Join us as we talk with national experts and advocates about strategies you can use in the pursuit of quality long-term care.



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The Age Guide: Perspectives on the Aging Journey

- <https://ageguide.org/the-age-guide-podcast/>
- This podcast is about putting a face on aging and giving a voice to older adults and caregivers by highlighting their experiences and stories. The goal is to provide a window into the struggles and joys of aging, to dispel myths and combat ageism.
- This podcast is hosted by AgeGuide Northeastern Illinois, an Area Agency on Aging in Northeastern Illinois. At AgeGuide, it is our mission to be a vital resource and advocate for people as we age by providing thoughtful guidance, supportive services, and meaningful connections.



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Accessibility to Good Reads

- [Library of Congress talking book and braille book program](#)
- To complete application for equipment and access to reading materials: <https://www.loc.gov/nls/enrollment-equipment/apply-for-nls-service/application-in-english-spanish-and-for-institutions/>
- Talking Book & Braille Service in IL
- 800-426-0709
- 800-757-4654 (Chicago Office)



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Choice Magazine

- Listeners who use a computer can download CML onto a thumb drive or a purchased talking-book cartridge. Those who are unable to download CML receive each issue by mail on talking-book cartridge. The recipient has almost two months to enjoy each issue before returning it in the plastic mailer it arrived in. No postage is required—simply pop it into the mail by the due date.
- Some featured magazines include:

Travel + Leisure

Southern Living

Smithsonian

The New York Times

Vanity Fair

Sports Illustrated

Rolling Stone

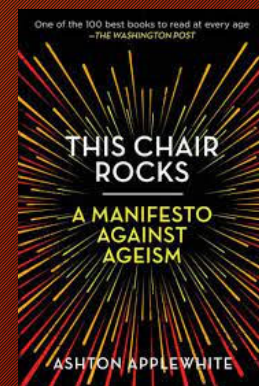
The New Yorker



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This Chair Rocks: A Manifesto Against Ageism

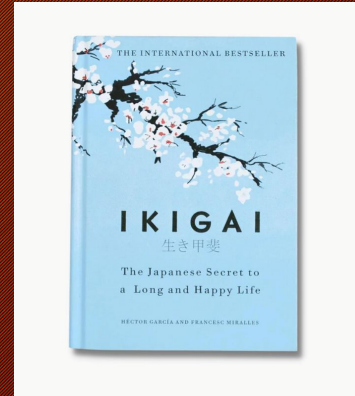
- Ashton Applewhite, Networked Books, 2016
- This book describes the journey of the author's personal journey from apprehensive boomer to pro-aging radical. She explains the roots of ageism in history and examines ageist myths and stereotypes that cripple the way our brains work and bodies function. This book is a catalyst for challenging all "isms". Ms. Applewhite also helped co-found the **Old School Anti-Ageism Clearinghouse** which provides free resources to educate people about ageism and how to end it.
- TED Talk Link



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Ikigai: The Japanese Secret to a Long and Happy Life

- Hector Garcia and Francesc Miralles
- Penguin Life, 2017
- “Ikigai” is a Japanese word that refers to a passion giving joy in one’s life.
- For this book, the authors interviewed more than 100 elderly residents of Ogimi Village in the Okinawa Prefecture to learn the key to a happier and longer life. These seniors infuse each day with a reason for living their best life by remaining busy with individual and communal activities that bring them joy and satisfaction.



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Ikigai: The Japanese Secret to a Long and Happy Life

- *“At 70, you are but mere children. At 80 you are merely a youth. At 90, if the ancestors call you into heaven, ask them to wait until you are 100, and then you might consider it.”*
—Proverb from Okinawa Japan.

- Audiobook available on Youtube:



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I'm Dead, Now What?: Important Information About My Belongings, Business Affairs, and Wishes

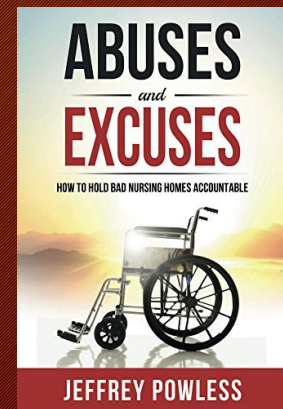
- Peter Pauper Press, 2015
- This book is a useful planning tool to help you organize and record important information for your legal representative and family.
- It is not a legal document but should be kept in a secure location upon completion.
- Good to buy and keep.



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Abuses and Excuses: Holding Nursing Homes Accountable.

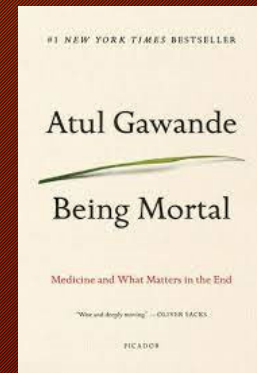
- Jeffery Powless, Boatdock Publishing, 2017
- *Abuses and Excuses* breaks new ground in helping residents and families hold bad nursing homes accountable, sharing a wealth of insider strategies and insights that show, step-by-step, how to hold the nursing home industry responsible for abuse and neglect. It's an eye-opening account of corporate greed, acts of neglect and abuse, an insidious industry culture of cover-up, and the actual harm that inevitably befalls vulnerable nursing home residents all across the country with shocking frequency.



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Being Mortal: Medicine and What Matters Most in the End

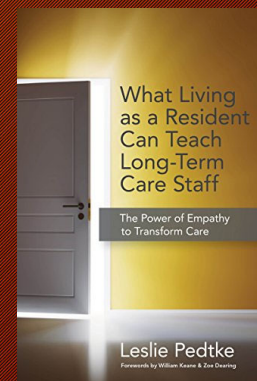
- Atul Gawande, Metropolitan Books, Henry Holt and Company. New York 2014
- Looks at the limitations of medicines and encourages people to consider the cost to quality of life that people often experience. What matters most in the end?
- Featured on *Frontline*



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What Living as a Resident Can Teach Long-Term Care Staff

- Leslie Peditke, Health Professions Press, 2017
- For LTC Staff.
- Peditke describes an empathy teaching model in which she had staff move into the nursing home and were given different ailments to experience.
- Other staff were directed to treat participants like they would a resident.
- Staff had to journal about their experiences



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What books do you
recommend?

GOOD LISTENS FOR PEOPLE LIVING IN LONG-TERM CARE

To access Podcast, in general:

Apple Podcasts: <https://www.apple.com/apple-podcasts/>

Google Podcasts: <https://podcasts.google.com/>

Spotify: <https://open.spotify.com/>

Pod Cast reviewed during the Resident and Family Support Council:

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GOOD READS FOR PEOPLE LIVING IN LONG-TERM CARE

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Books Reviewed:

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[*I'm Dead, Now What?: Important Information About My Belongings, Business Affairs, and Wishes*](#)

Peter Pauper Press, 2015

[*This Chair Rocks: A Manifesto Against Ageism*](#)

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[*Abuses and Excuses: Holding Nursing Homes Accountable.*](#)

Jeffery Powless, Boatdock Publishing, 2017

[*Being Mortal: Medicine and What Matters Most in the End*](#)

Atul Gawande, Metropolitan Books, Henry Holt and Company. New York 2014

Link to the [Frontline episode](#)

[*What Living as a Resident Can Teach Long-Term Care Staff*](#)

Leslie Pedtke, Health Professions Press, 2017