

Professional References for *Being Your Best*

BYB is based on earlier [research](#), plus the following references used in:

[What I Wish I Knew: Stories, Strategies and Studies for Being Your Best at Any Age](#)
(published by the Center for Health Management, 2008).

¹ DeLoughry, T. (2008) "Spirituality and Eldercare" in *Spiritual Dimensions of Nursing Care* (edited by Verna Carson and Harold Koenig) Philadelphia: Templeton Press

² DeLoughry T. *Never Too Old To Be Well: A Mind, Body and Spirit Program for Well Seniors, Frail Elders, Their Families and Aides* (booklet, Video DVD and Computer CD) Grand Island, Center for Health Management

³ The section on "fewer hospitalizations" was developed based on the "Transitions of Care" research of Eric Coleman, MD at the University of Denver Medical Center (see: www.CareTransitions.org). Our adaptation of his work was supported by a grant from the Community Health Foundation of Western and Central New York

⁴ Centers for Disease Control "Health Related Quality of Life – Prevalence Data by State." Downloaded from the World Wide Web: <http://apps.nccd.cdc.gov/HRQOL/>, June 1, 2008.

⁵ Centers for Medicare and Medicaid Services (CMS): §483.152 Requirements for approval of nurse aide training and competency evaluation for long-term care; and §484.36 Home Health Aides Services

⁶ Centers for Medicare and Medicaid Services. *Resident Assessment Protocols* in Resident Assessment Instrument (RAI) Manual Appendix C

⁷ Many of the studies about volunteerism are drawn from: Post, Steven and Jill Neimark (2008) "Why Good Things Happen To Good People: How to Live a Longer, Healthier and Happier Life" written by Stephan Post and Jill Neimark New York: Random House (2008) For more information, visit [www.WhyGood Things.Happen.com](http://www.WhyGoodThings.Happen.com)

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24 Center for Disease Control (2007) *Influenza (Flu)* For more information, please visit: www.cdc.gov/flu

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27 'Sharing Your Wishes' Information Booklet (2005) Buffalo, NY: Community Health Foundation of Western & Central New York

28 For more information about MOLST, please visit: www.compassionandsupport.org