



## Worthington Community Relations Commission 2022 Age Friendly Resources

The Worthington Community Relations Commission created this list of age-friendly resources to help our community understand and learn about aging and how to embrace everyone regardless of age.

### Websites and Resources:

- Age-Friendly Worthington Initiative: [Age-Friendly Worthington | Worthington, OH - Official Website](#)
- Institute on Aging: <https://www.ioaging.org/>
- National Center to Reframe Aging (NCRA): [www.reframingaging.org](http://www.reframingaging.org) - includes videos, guides, and other resources
- The Anti-Ageist Birthday Card Project: [Anti-Ageist Birthday Card Gallery 2023 - Changing the Narrative \(changingthenarrativeco.org\)](#)
- Instagram pages:
  - [Changing the Narrative \(@endageismtogether\)](#) • Instagram photos and videos
  - [ReframingAging \(@reframingaging\)](#) • Instagram photos and videos
  - [#AGEISMSUCKS \(@ageismsucks\)](#) • Instagram photos and videos
  - [Jan | Age-Friendly Vibes \(@agefriendlyvibes\)](#) • Instagram photos and videos
  - [The Age Collective \(@theagecollective\)](#) • Instagram photos and videos
  - [Art Against Ageism \(@art\\_against\\_ageism\)](#) • Instagram photos and videos
  - [Ageism Is Never In Style® \(@ageismisneverinstyle\)](#) • Instagram photos and videos
  - [SAGE \(@sageusa\)](#) • Instagram photos and videos

### Documentaries and Videos:

- **Six Part PBS Documentary “On The Same Page”** presented by Changing the Narrative- Colorado  
<https://youtu.be/4euu8C7hhv0>
  1. Social Connection
  2. Future of Work
  3. Talking about Tech
  4. Health Equity
  5. Talking About Arts, Ageism, Covid and Justice
  6. Talking About Ageism
- [My Grandparents' War | PBS](#)
- *Sing Me a Lullaby*, filmmaker Tiffany Hsiung  
<https://youtube.com/watch?v=nIRtCT62II0&si=EnSikaIECMiOmarE>
- **Ted Talk [Let's end ageism | Ashton Applewhite - Bing video](#)**
- *What Is Old?* From AARP: <https://youtu.be/IYdNjrUs4NM>
- **Another Day Older - Myths About Aging** <https://vimeo.com/466312355/ea834bfd4d>
- **What is Ageism: Ageism Explained**  
<https://www.youtube.com/watch?v=3nrF50FeBZo>

## Poetry:

- [I AM NOT OLD \(SAMANTA REYNOLDS\) -Bronwyn Lea](#)
- *Coming into Eighty: Poems*, May Sarton
- [“The Little Boy and the Old Man”](#) a poem and video by Shel Silverstein

## Non-Fiction Books:

- *Speak, Memory*, Vladimir Nabokov
- *New Old Me*, Meredith Maran
- *The Year of Magical Thinking*, Joan Didion
- *Aging and the Digital Life Course*, David Prenderghast and Chiara Grarattini
- *The Coming of Age*, Simone de Beauvoir
- *Ammonites and Leaping of Fish: A Life in Time*, Penelope Lively
- *Growing Young*, Marta Zaraska
- *Successful Aging*, Daniel Levitin
- *Elderhood (Transforming Medicine, Reimagining Life)*, Louise Aronson
- *The Talent Revolution: Longevity and the Future of Work*, Lisa Taylor, and Fern Lebo
- *This Chair Rocks: A Manifesto Against Ageism*, Ashton Applewhite
- *Letter to My Daughter*, Maya Angelou
- *Passages: Predictable Crises of Adult Life*, Gail Sheehy
- *Lots of Candles, Plenty of Cake*, Anna Quindlen
- *Keep Moving: and Other Tips and Truths About Aging*, Dick Van Dyke
- *Breaking the Age Code*, Dr. Becca Levy
- *Ageism Unmasked*, Dr. Tracey Gendron

## Fiction books:

- *A Man Called Ove*, Fredrik Backman
- *The Picture of Dorian Gray*, Oscar Wilde
- *The Old Man and the Sea*, Ernest Hemingway
- *Fried Green Tomatoes at the Whistle Stop Café*, Fannie Flagg
- *The Cairo Trilogy*, Naguib Mahfouz
- *The Catcher in the Rye*, JD Salinger
- *Emily, Alone*, Stewart O'Nan
- *The Joy Luck Club*, Amy Tan
- *Tenth of December*, George Saunders
- *The Long Life*, Helen Small
- *How It All Began*, Penelope Lively
- *Tirra Lirra by the River*, Jessica Anderson
- *You're Only Old Once: A Book for Obsolete Children*, Dr. Seuss

### Kids' books:

- *Memory Jars*, Vera Brosgol
- *Our Favorite Day*, Joowon Oh
- *How to Babysit a Grandpa*, Jean Reagan
- *The Water Lady: How Darlene Arviso Helps a Thirsty Navajo Nation*, Alice B. McGinty and Shonto Begay
- *Mornings with Monet*, Barbara Rosenstock
- *Grandmother School*, Rina Singh and Ellen Rooney
- *We Became Jaguars*, Dave Eggers and Woodrow White
- *Ten Ways to Hear Snow*, Cathy Camper

### Short Articles:

- "The Power of Positive Aging, and How to Live That Way" -Forbes
- "What is Ageism" <https://www.verywellmind.com/what-is-ageism-2794817>
- [How Good Do You Feel About Getting Older? - 3rd Act Magazine](#)
- Jeannette Leardi - Gerontologist and Educator: [ageism \(jeannetteleardi.com\)](http://ageism(jeannetteleardi.com))
  - "The (Old) World According to Betty White" What was her secret? Simply being a fine role model of elderhood.
  - "The Aging Equivalent of High Heels" Older adults have been handicapped for years by social assumptions of what we could -- or should -- be doing with our lives.
  - "The "WOW" Factor" We commit a great social injustice by failing to recognize and accept the variety of ways to be a child, or a teen, or a middle-aged adult...or an old person.
  - Exploring the Health Effects of Ageism - The New York Times.pdf
  - Whats the Best Term for Referring to Old People - The Atlantic.pdf