Resource List:
Midlife & Aging

The resources listed below align with Focus on the Family’s philosophy and mission. We trust you will find them helpful. If you would like to obtain any of these items, call us toll free at 1-800-A-FAMILY, or visit our online store at store.focusonthefamily.com. (The information is regularly updated, but there is still the possibility that an item originally available from Focus on the Family might now be unavailable.) You may also be interested in the content posted on our website at focusonthefamily.com.

Included
Books
Broadcasts
Websites, Q&As, and Resource Lists
Referrals

Books

Barbara and Susan’s Guide to the Empty Nest by Barbara Rainey and Susan Yates (2008) • 9781602000605 •
As you grieve what’s behind and daydream about new possibilities, you may not know what to pursue or how to discover what’s next. Rainey and Yates help you find purpose and passion for your next life adventure.

The Best Is Yet to Be: Moving Mountains in Midlife by Bruce Peppin (2015) • 9780781411042 •
Consider biblical principles and illustrations from others to help you complete life well and pass on a lasting legacy.

Blessing Your Grown Children by Debra Evans (2012) • 9781589974791 •
Sharing from firsthand experience, Evans compassionately addresses how parents can help adult children grow in independence—without overstepping boundaries.

• 9781596692084 •
From communicating Christ’s love to relating with in-laws, Hoffman’s suggestions will help you enjoy and encourage your grandkids for life.

• 9781572934887 •
Drawing on biblical truth, solid principles of child development, and personal experience, the Schreurs offer creative ways for grandparents to be a positive, caring presence at every stage in their grandchildren’s lives.

Engaging Today’s Prodigals by Carol Barnier (2012) • 9780802405579 •
As a former prodigal, Barnier offers wisdom and encouragement for parents struggling to understand, relate to, and continue to love their prodigal adult child.

Extreme Grandparenting: The Ride of Your Life by Tim and Darcy Kimmel (2007) • 9781589974609 •
With honesty, humor, and practical experiences, the Kimmels help you reach out and relate to your grandchildren—not only as a loving family member, but as a spiritual rock during hard times.

Norman looks at grandparenting in the twenty-first century and what it means to be a memory maker, legacy builder, generational healer, and historian.
How to Really Love Your Adult Child by Gary Chapman, Ph.D., and Ross Campbell, M.D. (2011) • 9780802468512 •
“Adulthood” carries new meaning in the 21st century—and parents of adult children often find themselves caught between meeting their own needs and helping their grown kids. Chapman and Campbell offer helpful insights about how to set appropriate boundaries and how to create a healthy and rewarding relationship with your adult child.

The Joys of Successful Aging: Living Your Days to the Fullest by George Sweeting (2008) • 9780802472908 •
Offering insight on everything from health and humor to having a Christ-honoring attitude, Sweeting shows you how to let go of your fear of aging, “do your giving while you’re living,” and finish with grace.

Long Distance Grandma by Janet Teitsort (2005) • 9781582294445 •
Whether children are toddlers or in college, Teitsort offers an endless supply of ideas to stay connected across the miles—from art projects and recipes, to simple gifts that can keep hearts knitted together.

Lost in the Middle: Midlife and the Grace of God by Paul David Tripp (2004) • 9780972304689 •
Some aspects of midlife can beat at our faith. But you don’t have to be paralyzed by regret, defeated by aging, or discouraged by unfulfilled dreams. God can bless you as you meet life’s physical and emotional challenges.

Love No Matter What: When Your Kids Make Decisions You Don’t Agree With by Brenda Garrison (2013) • 9780849947414 •
Turn disagreements with your adult child into opportunities to model the love of God.

Nearing Home: Life, Faith, and Finishing Well by Billy Graham (2013) • 9780849964824 •
“Growing older with grace is possible for all who will set their hearts and minds on the Giver of grace, the Lord Jesus Christ.” Be encouraged by Graham’s thoughts on the challenges of finishing well in the face of fading strength.

Once a Parent, Always a Parent by Stephen A. Bly (1999) • 2350000000271 •
Bly helps parents of adult children understand how to be appropriately concerned for their children, and he suggests ways to avoid offenses and hurts.

The Power of Praying for Your Adult Children by Stormie Omartian (2014) • 9780736957922 •
With stories from others and her own personal experience, Omartian helps you seek God’s guidance regarding your adult children—for their faith, career choices, marriages, parenting skills, and many other important decisions they’ll have to make.

Prodigals and Those Who Love Them by Ruth Bell Graham (2008) • 9780801071553 •
Graham knows about prodigals—two of her five children were spiritual wanderers. This book is a collection of readings she turned to for comfort, and she also offers personal encouragement through Scripture, poems, hymns, and prayers.

Raising Your Children’s Children: Hope for Grandparents Raising Grandkids by Martha Evans Sparks (2011) • 9780834125636 •
Millions of children in the U.S. are being raised by grandparents. Sparks offers hope and direction, answering practical matters of custody arrangements and financial concerns, and addressing the deeper heart needs of both you and your grandchildren.

Regaining the Power of Youth at Any Age by Dr. Kenneth H. Cooper (2005) • 9780785278528 •
Cooper offers a practical, balanced plan for developing a unique fitness program that can help you reclaim youthful energy to meet life’s physical and emotional challenges.

Rethinking Retirement: Finishing Life for the Glory of Christ by John Piper (2009) • 9781433503993 •
Piper encourages readers to ask, “How will we live [our final years] in such a way as to show that Christ is our highest Treasure?”

The Second-Half Adventure by Kay Marshall Strom (2009) • 9780802478757 •
“Whoever you are, whatever your skills, wherever your life road has taken you, you can use what you have gained to help change the world. There is work to be done, and there is a place for you.”

The Second Half of Marriage: Facing the Eight Challenges of Every Long-Term Marriage by David and Claudia Arp (1998) • 9780310219354 •
The Arps discuss marital challenges every long-term marriage faces, and they help you create a vision for the future so the upcoming years might be the happiest of your life.

Setting Boundaries With Your Adult Children: Six Steps to Hope and Healing for Struggling Parents by Allison Bottke (2008) • 9780736921350 •
If you have an adult child (or grandchild) whose life seems to be one crisis after another—and you find yourself constantly caught up in the drama—be encouraged with the suggestions Bottke offers.
**Splitting Heirs: Giving Your Money and Things to Your Children Without Ruining Their Lives** by Ron Blue and Jeremy White (2008) • 9780802413765

Look at the relational and spiritual dimensions of wealth transfer. Learn about family relations and conflicts, the importance of giving, and God’s principles and promises. Worksheets and question-and-answer sections included.

**When God Interrupts: Finding New Life Through Unwanted Change** by M. Craig Barnes (1996) • 9780830819799

Barnes encourages those dealing with loss to look to Christ, the Author of our lives, even during unwanted or unexpected change—and to see this time as an opportunity for growth.

**Your Money After the Big 5-0: Wealth for the Second Half of Life** by Larry Burkett and Ron Blue (2007) • 9780805444322

This resource will help make your retirement planning successful—regardless of how much or how little you’ve saved to this point. Find answers to a number of topics common to midlife as you seek to ensure your family is provided for.

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**Broadcasts**

**Bringing Home the Prodigals – I, II** (Rob Parsons) • 9781624719196

Parsons shares his heart for prodigals and their families. He notes that we sometimes make people prodigals by being critical of unimportant things—and he encourages listeners to consider the best ways to pray for and demonstrate God’s love to them.

**Building Bridges With Your Adult Child** (Brenda Garrison) • 9781624718816

Garrison shares her personal parenting journey with her oldest daughter. The relationship worsened when 18-year-old Katie announced she would be moving out of their home. Learn to trust God with your adult child as you consider how to build bridges of love rather than walls of resentment.

**Casting a Vision for Your Adult Child – I, II** (Dr. Bob and Mrs. Cheryl Reccord) • 9781624715266

The Reccords candidly admit some of the challenges they faced in raising their kids—and they remind parents to have a heart like the father of the prodigal son, waiting at the end of the road for him to come home.

**Grace-Based Grandparenting** (Dr. Tim and Mrs. Darcy Kimmel) • 9781624715082

The Kimmels share personal experiences and insights on the roles of grandparents: 1) giving a blessing (it's less about what you say and more what you do); 2) leaving a legacy; 3) bearing a torch for the Gospel and moral living; and 4) setting a standard.

**Connecting With Your Grandchildren** (Cheri Fuller) • 9781624718830

Fuller talks about the important role grandparents play in their grandchildren’s lives. She offers ideas and tips for engaging grandkids in fun ways and for staying in touch with children who live far away.

**Improving Marriage After the Empty Nest** (Dr. Bob and Mrs. Cheryl Reccord) • 9781624711978

The empty-nest season brings joys and challenges—and the pain couples might feel when their children leave home can often strain marriages to the breaking point. But the Reccords advise husbands and wives to draw closer together during this time, so they can move forward with renewed fulfillment and purpose.

**Living Well After Middle Age – I, II** (Ken Davis) • 9781624712739

Christian humorist Ken Davis encourages listeners to live life to the fullest through faith, family, nutrition, and exercise.

**Loving Your Adult Child** (Dr. Gary Chapman) • 9781624712722

Offering thoughts from his book *How to Really Love Your Adult Child*, Chapman describes how to maintain a loving relationship with your adult child—whether they’re making poor choices or are sincerely struggling and just need a helping hand.
Making Your Money Last – I, II (Dave Ramsey) • 9781624714214 •
Midlife and beyond can be the most productive time in a person’s life. Ramsey talks about preparing for and living well during retirement, covering everything from estate plans to Social Security to insurance needs.

Practical Advice for Grandparents – I, II (Jerry and Judy Schreur) • 9781624711497 •
Sharing thoughts from their book Creative Grandparenting, the Schreurs encourage grandparents to take an active role—not to interfere with the parenting style of their own kids, but to connect, encourage, and leave a legacy for their family.

Thriving in the Empty Nest Years – I, II (Barbara Rainey, Susan Yates) • 9781624717192 •
Rainey and Yates give advice for finding fulfillment and significance during the empty nest years based on their book Barbara and Susan’s Guide to the Empty Nest: Discovering New Purpose, Passion & Your Next Great Adventure.

Abounding Midlife Living
• focusonthefamily.com/lifechallenges/life_transitions/abounding-midlife-living
  Articles offer information, suggestions, and inspiration for those approaching or journeying through their senior years.

Aging
• focusonthefamily.com/lifechallenges/life_transitions/aging
  Read about aging gracefully—and about handling some of the inevitable struggles that are part of the journey.

Q&As
• focusonthefamily.com/family-q-and-a
  Browse our Q&As for advice and encouragement.

Resource Lists
• focusonthefamily.com/family-q-and-a/resources-and-referrals
  Find recommended resources and referrals listed by topic, including:

  Eldercare • RL061 •
  Female Health • RL056 •
  Grief & Loss • RL045 •
  Suggestions for Community Involvement • RL021 •

60 Plus Association
515 King Street, Suite 315
Alexandria, VA  22314
703/807-2070
60plus.org
• This secular, citizen lobby organization is dedicated to protecting the rights of senior citizens.

The Alzheimer’s Association
225 North Michigan Avenue, Floor 17
Chicago, IL  60601
800/272-3900—Phone
866/403-3073—TDD
alz.org
• This secular organization provides information to families afflicted by Alzheimer’s disease.
The Association of Mature American Citizens
5 Orville Drive, Suite 400
Bohemia, NY 11716
888/262-2006
amac.us
- This secular organization advocates for and provides updates about issues affecting seniors.

Christian Association of PrimeTimers
P.O. Box 8551
Big Sandy, TX 75755
800/443-0227
capmemberbenefits.org
- A Christian alternative to AARP, this organization provides money-saving values for those age 50 and over. They also offer products and services to encourage growth, as well as opportunities for service.

Christian Association of Serving Adult Ministries Network (CASA)
13646 Northeast 24th Street
Bellevue, WA 98005
888/200-8552
gocasa.org
- CASA provides a variety of resources to pastors and lay leaders, serving the needs of middle- and senior-age adults for spiritual growth, fellowship, education, and service.

The Cooper Aerobics Center
12200 Preston Road
Dallas, TX 75230
866/906-2667
cooperwellness.com
- The Cooper Wellness Program medical spa offers programs tailored to an individual’s available time, personal needs, and health concerns.

Finishers Project
P.O. Box 12649
Chandler, AZ 85248
480/584-5448
finishers.org
This service organization helps connect people with mission opportunities around the globe.

God Cares Ministry
515 Moore Road, Suite 3
Avon Lake, OH 44012
440/930-2173—Phone
godcaresministry.com
- This organization helps Christian volunteers “share the love and Word of Jesus Christ with the people living in nursing home.”

LateLife Hope
email@latelifehope.com
latelifehope.com
- Jim and Jan Conway offer support for living the remaining season of life with dignity and productivity.

Midlife Dimensions
3755 Avocado Boulevard, #414
La Mesa, CA 91941
619/328-0564
midlife.com
- Midlife Dimensions is a counseling service that focuses on midlife adults and their families through a variety of media, resources, and presentations.
National Institute on Aging
31 Center Drive, MSC 2292
Bethesda, MD 20892
800/222-2225—Phone
800/222-4225—TTY
nia.nih.gov
• This secular organization provides information on aging and Alzheimer’s disease.

The Seniors Coalition
1250 Connecticut Avenue Northwest, Suite 200
Washington, D.C. 20036
202/261-3594
senior.org
• This organization represents the interests and concerns of senior Americans for issues at the state and federal levels—to protect the well-being of older Americans, while supporting common sense solutions to the challenges of the future.

The Sonshine Society
P.O. Box 327
Lynnwood, WA 98046
425/353-4732
sonshinesociety.org
• This interdenominational group comes alongside local churches and individual Christians to provide a consistent and effective witness to those in nursing homes or other care centers.

Referrals to secular organizations dealing with specialized areas of knowledge shouldn’t be read as an indication that their stances necessarily align with Focus on the Family’s perspective in all areas.