**Health and Wellness:**

<http://www.rncentral.com/nursinglibrary/careplans/top_100_health_and_wellness_sites_for_seniors/> - This site provides a comprehensive resource list of *over 100* *websites*  related to health, nutrition, and exercise for Seniors . This website has not been updated since 2009 so some of their referred websites may no longer be valid.

## [www.ish-tmc.org](http://www.ish-tmc.org) - This website’s mission is to increase awareness of the role that spirituality plays in health and healing, in coping with chronic illness, and in maintaining optimal health.

## [www.Livingcompass.org](http://www.Livingcompass.org) – “Offering individuals, families, congregations, and organizations tools and training for the journey toward wellness and wholeness”

## <https://www.guideline.gov/summaries/summary/49933> - Identifies medications that older citizens should avoid or use with caution – known as the *Beers Criteria or Beers List*